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# MEN'S JOURNAL

MAY 2015 Vol. 24, No. 4

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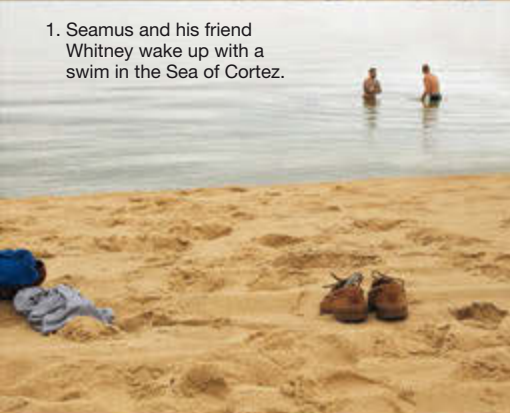


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Mexico

**BAJA ODYSSEY** Chef, author and entrepreneur **Seamus Mullen** is known as the mastermind behind some of Manhattan's hottest restaurants. Sperry and Men's Journal are taking him away from the bright lights of the big city, all the way to the dirt roads of the Baja Peninsula in Mexico. He'll travel over 1,000 miles by motorcycle, uncovering great food, wine and culture in the most unexpected of places.

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1. Seamus and his friend Whitney wake up with a swim in the Sea of Cortez.



2. Fish tacos at the famous Alfonsinas.



3. The legendary Coco's Corner.

4. Riding through the Catavina Boulder Fields.

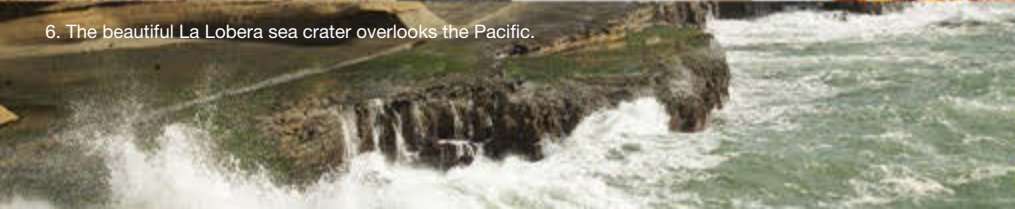


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5. Breakfast Burritos at  
Mama Espinosa's,  
a necessary stop  
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6. The beautiful La Lobera sea crater overlooks the Pacific.



7. Seamus samples the wines at Adobe Guadalupe, one of Baja's top vineyards in its flourishing wine valley.





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Tom Condon is a former lineman turned dealmaker who for 30 years has been coming up with new and unusual ways to make team owners pay.

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Adventurer Gerry Moffatt rode from India to Nepal on a Royal Enfield that weighed a thousand pounds fully loaded.



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ON THE COVER: Pirate's Cove, Avila Beach, California. Photographed by Chris Burkard on June 14, 2014.

CLOCKWISE FROM TOP: R. TYLER GROSS; SHANA NOVAK; VICTOR PRADO





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## VIDEO

### MEXICO BY MOTORCYCLE

Chef and MJ columnist Seamus Mullen leads a motorcycle trip in search of tacos, dirt tracks, and great wine. Watch him ride the sand and salt flats through one of the wildest spots in our backyard.



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## PANAMA OR BUST

I was ready to be irritated that you gave away my favorite secret vacation spot, Panama City ["Central America's Hottest Getaway," by Tim Neville], but sometimes even a crack traveler like me can learn something from *Men's Journal*. Former gangbanger tour guides? I think I'll have to check that out the next time I'm down there.

MARCO KARRUECHE, DALLAS

## FAR-FLUNG ESCAPES

My wife and I honeymooned at the Treebones Resort in Big Sur and really loved seeing it mentioned in "Way Off the Grid Lodges" [by Matt Jancer]. The location was breathtaking, and it was unexpectedly romantic to have to use our flashlights to find our way back to our room after a moonlit stroll. Kudos for the great recommendation.

THEO HALLER, LOS ANGELES



## "THE DIAL FAMILY GAVE THEIR CHILDREN THE GIFT TO ROAM FREE, TO CHALLENGE THEMSELVES IN WAYS MOST OF US CAN'T IMAGINE."

### BABY-MAKING APP

I'm not sure what to think of Max Levchin and his Glow app ["This Man Will Get You Pregnant," by Max Chafkin]. The last thing I'd want to remind me that it's time to have sex is my smartphone.

TIM WESTGATE, SEATTLE

### BOTOX FROM BACTERIA

As a dermatologist (and the wife of a reader), I see more and more men getting neuromodulator (Botox, Xeomin, Dysport) injections to look less angry, more relaxed, and younger in competitive work environments ["Is Botox for You?" by Nicole Catanese]. However, your article states that the procedure is an injection of *Clostridium botulinum*, which is a bacteria. The injected material is actually a highly purified, tested, and regulated product of those bacteria called botulinum toxin, not the bacterial organisms themselves.

MADELINE KRAUSS, M.D.

WELLESLEY, MA

### SHARING ECONOMY

Great tips in Jesse Will's "The New Rules of Vacation Rentals" — little did I know Airbnb is just skimming the surface.

TOM FLINT, BAY CITY, MI

### SEARCHING FOR CODY

I am filled with incredible sadness for the Dial family, having just finished the deeply touching "Lost in the Jungle," by Damon Tabor. I have immense admiration for the way they have chosen to live their lives. They've given their children the gift to roam free, to find edges and surpass them, to challenge themselves in ways that most of us cannot imagine. In today's world most children are circumscribed and hovered over, their days an assembly line of events choreographed by their parents and schools. If Cody's life turns out to have been tragically brief, it was also brimming with vitality, authentic experience, and meaning.

WALLIS WHEELER, RICHMOND, VA

I live in Costa Rica and have a hard time sympathizing with the people who think it's their right and privilege to visit Corcovado National Park without a guide or a permit. The govern-

ment enforces these restrictions for good reason. Sadly, I don't think Cody Dial will ever be found — avalanches are not uncommon and could have buried him and his gear forever.

H. SMITH, VIA THE INTERNET

Most of Alaska is just as treacherous and dangerous as the Costa Rican jungle. Roman and Cody Dial are highly experienced outdoorsmen who've seen more of the natural world than most people could in two or three lifetimes. They are not some wannabe adventurers, and Cody's disappearance is more likely the result of foul play than anything else.

R. G., VIA THE INTERNET



## HITCHED, MJ STYLE

My husband and I have been reading MJ since the mid-1990s and even planned our wedding around a site featured in your magazine. We look forward to it every month, and although the advertising and top-rated gear seem to be consuming more pages now, we understand that's how magazines stay in business.

MELISSA & SEAN WEDDELL, BOONE, NC

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NOTEBOOK

# TRAVEL & ADVENTURE





# Biking Scotland's Pinnacle

**LAST SUMMER, STUNT CYCLIST** Danny MacAskill became the first person to take a bike to the top of Inaccessible Pinnacle, a jagged 3,235-foot summit in Scotland's Cuillin Mountains. With a GoPro attached to his helmet, he made every move look effortless: bunny hopping up steep cliffsides and sprinting across the narrow ridgeline just below the summit. "You're teetering on a ledge where there's nowhere to put your feet," he says. "If you fall off the side, it's a 500-foot drop." He carried his bike on his back for the final 100 feet to the peak, where photographer Chris Prescott captured this shot. MacAskill, 29, has been taping similar feats around the world — riding on the flooded ruins of Argentina's Villa Epecuén, flipping through a loop-the-loop on a barge in the Thames River. (His videos have been viewed more than a hundred million times on YouTube.) This trip, though, marked a return home — he grew up on the other side of the island. "I had never been up on top of the ridge," MacAskill says. "We couldn't have asked for a better day. It was perfect." —MARIELLE ANAS





Azzam Alwash led a campaign to make these wetlands Iraq's first national park.

# Iraq's Wildlife Defender

A California engineer upended his life to save a series of marshes larger than Florida's Everglades. **by MATTHIEU AIKINS**

**E**ARLY ONE MORNING in November, Azzam Alwash parks his truck beside a sandy embankment in southern Iraq and climbs down to the water, where his boatman, Abu Haider, is waiting in a narrow wooden skiff. Alwash embraces the old man and bums a cigarette. As Abu Haider steers the boat away from the district capital of Chibayish, kingfishers circle and dive around the marsh; a moorhen runs along the surface and heaves itself aloft. Alwash's laugh cuts through the wind. In cargo pants and hiking boots, with a fitness tracker strapped to his wrist, he looks like a tech entrepreneur on safari. "Can you believe there was nothing here before?" he shouts. "It was all desert!"

Bordered by the Tigris and Euphrates rivers, these alluvial plains formed ancient Mesopotamia ("the land between rivers"),

where the Sumerian and Babylonian civilizations developed writing and the wheel. Until recently, it was home to a quarter million Marsh Arabs, an ancient community that lives in huts of mud and reeds, fishing and tending to herds of water buffalo. During Saddam Hussein's regime, the Mesopotamian Marshes also became a refuge for Shia rebels and outlaws — "Iraq's Sherwood Forest," as Alwash puts it. To drive them out, Saddam ordered a series of dam and canal-building projects to drain an area larger than the Florida Everglades. The verdant expanse became a barren wasteland, forcing most of the Marsh Arabs to flee to nearby cities or across the border to Iran.

Alwash, an Iraqi-born engineer who spent most of his career in California, is the head of Iraq's first environmental nonprofit, Nature

Iraq. For the past decade, he's been working to recover thousands of square miles of what Saddam destroyed. Two years ago, he convinced the government to designate the area Iraq's first national park. That same year, he was awarded the Goldman Prize, sometimes called environmentalism's Nobel. "Some experts were saying that the marshes cannot be restored," Alwash says. "Not only was it possible, but we did it."

Still, Iraq's ongoing instability has made protecting the marshes an endless task. The country is being torn apart by the rise of the Islamic State. A nearby boom in oil production means the fragile ecosystem is one big spill away from disaster. And a string of dams cropping up in Turkey is threatening water flow to the marshes. Even as much of the region splinters along sectarian lines, Alwash is meeting with government officials, embassies, and oil companies to promote peaceful relations based on environmental necessity. "Maybe it's not realistic right now," he says. "But you have to dream big."

**ALWASH GREW UP** in the nearby provincial capital of Nasiriya. His father, Jawad, was an engineer in the Ministry of Water Resources and a passionate duck hunter. He'd find an excuse to check on a canal regulator or a pumping station and spend the day boating around with his shotgun, often taking his young son with him. Like his father, Alwash studied engineering, and earned a Ph.D. at the University of Southern California in 1988. He made partner at a civil engineering firm in Los Angeles and settled into a suburban home with his wife, Suzanne, a geologist he'd met at USC, and their two daughters. As a hobby, he took up furniture-making. "That's how I spent my time," he says. "I smoked my cigar and drank my whiskey and sanded my wood."

Then a 2001 United Nations report detailed the full extent of the marshes' destruction, calling it "one of the Earth's major and most thoughtless environmental disasters." Azzam and Suzanne were horrified. Avid kayakers, they had dreamed of one day paddling through those marshes. Now they wondered what could be salvaged. Alwash's father, who had immigrated to the U.S. in 1990, could still remember his old hydrological data with remarkable detail. "He started explaining to me the flow of the Tigris and Euphrates on a napkin," Alwash recalls. "He knew it was possible."

In January 2002, Azzam and Suzanne made a presentation on environmental restoration in Iraq at the State Department, and were invited to take part in planning certain programs for a post-Saddam occupation. But as the invasion got under way in March 2003, the Bush administration sidelined the State



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Water buffalo have returned to the Mesopotamian Marshes. Below: Alwash and al-Assadi plan for a reflooding.

Department and handed postwar reconstruction to Donald Rumsfeld at the Pentagon. "I was excluded from the team because I was viewed as a State Department stooge," says Alwash. "Which in hindsight was the best thing that ever happened to me."

That summer Alwash secured a grant from the Italian government (then in charge of part of southern Iraq) to lead an eight-month-long survey of the marshes' ecosystem. But Alwash suddenly felt uncertain: Could he really give up a six-figure salary and leave his wife and daughters for a war-torn country he hardly knew anymore? "My wife told me, 'If you don't go, you're going to be a grouchy old man,'" Alwash recalls. "Go do it."

When Alwash arrived in Baghdad, the war was still raging. In the south, locals had already reflooded huge sections of the dried landscape. "I thought I was going to have a war on my hands to convince people that the restoration of the marshes was needed,"



says Alwash. "Well, that was one battle I didn't have to fight. People began restoring the marshes by breaking dikes, by flooding various areas haphazardly. Not because they loved nature, but because they wanted to resume their way of life."

Jassim al-Assadi, now Nature Iraq's local director, was then working as an engineer for the Iraqi government. He asked Alwash to visit Chibayish, which was still salt-encrusted desert. The Italians had given Alwash money to study the feasibility of restoring the marshes, but Alwash ultimately made a radical decision: He and al-Assadi were going to breach the embankment themselves. In December 2003, they went to the Ministry of Water Resources and paid the equivalent of \$400 in cash to hire an excavator. Locals gathered on the pile of earth that separated the dried-out marsh from the Euphrates, — dancing, singing, and firing rifles into the air — as the water gradually wore away Saddam's barrier.

Pleased with their handiwork, Alwash and al-Assadi returned to Baghdad, where Alwash was setting up the nonprofit. A few months later, they returned to Chibayish to

check on the progress of the restoration. It looked like a toxic wasteland — the water was red and putrid. "Oh, fuck, Jassim," Alwash recalls saying. "We created a disaster."

But something remarkable happened that spring: The water flushed itself clear, and reeds shot up. Carp traveled upriver, and fishermen followed them. The area is now home to apex predators like the imperial eagle and the gray wolf. "It's engineering at a giant scale," says Alwash. "That \$400 was directly responsible for restoring no less than a thousand square miles of marshland."

Since then, 10 years of grueling work in Iraq have changed Alwash, as well. He's become a leader who can cajole the hardest men from Baghdad to the rural south. "I discovered aspects of my personality that I didn't know existed," he says. But his bravado and infectious enthusiasm can be tinged with melancholy. He and Suzanne had imagined the family would reunite in Iraq, but he has hardly seen his daughters grow up. "No one envisioned Iraq as it is now," Suzanne says. "We thought it was going to be this grand, glorious democratic experiment." A few years ago, she and Alwash divorced. "I gained the marshes," he says. "But I lost a family."

**ON TODAY'S TRIP,** Alwash wants to check on the rebounding water buffalo population, which

is critical for returning Marsh Arabs. As we pass a grazing herd, Alwash says with satisfaction, "Nice and fat." He's currently working with the Iraqi government to expand protected areas beyond the national park, and attending a series of conferences around the region called the Blue Peace initiative — all while constantly raising money for Nature Iraq. "I'm the beggar-in-chief," he says. Last summer, when the Islamic State seized a dam outside Mosul, Alwash emerged as the international expert on the potential consequences for Iraq's water supply. "I've got too much going on right now," he says. "But it's been an incredible trip."

That evening in Chibayish, Alwash opens his laptop and is reminded of the unceasing violence across the country. "My friend was killed in Baghdad yesterday," he says. "He was a 32-year-old doctor." On several occasions, Nature Iraq employees have been kidnapped for ransom. After an armed militia raided its headquarters in Baghdad, Alwash moved it north to a more secure stretch of Kurdistan. He reads the details of his friend's death and sighs: "Well, maybe it's my turn tomorrow." ■



Saddam Hussein drained an estimated 3,500 square miles of marshland.





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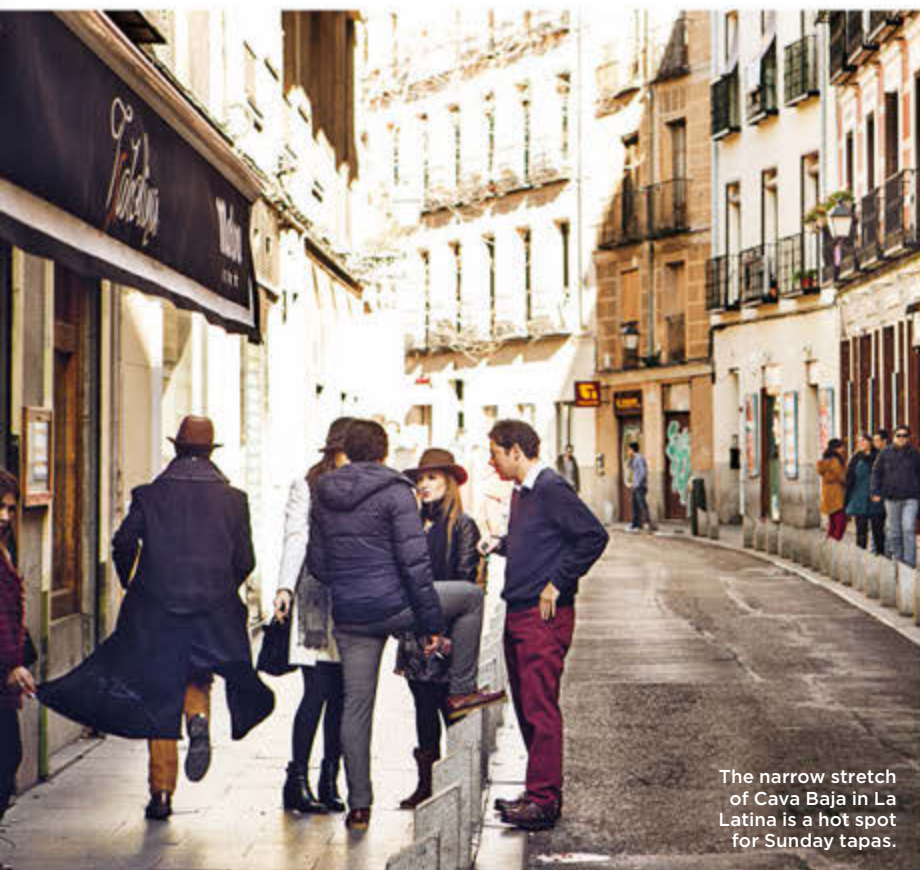
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The narrow stretch of Cava Baja in La Latina is a hot spot for Sunday tapas.



Groups eat around a center table at Sala de Despiece.



Sardines are a mainstay of Madrid's small-plate food culture.

# Life's a Party in Madrid

Through booms and busts, Spain's capital city continues to reinvent itself — and it's enjoying every minute. **by ROB FISCHER**

**S**OUTH OF MADRID'S Plaza Mayor is a giant hole in the ground where a 16th-century barley market once stood. When Spain was booming a decade ago, the site was earmarked to become a modern sports complex and shopping center. The 2008 financial crisis put an end to that, leaving behind little more than a layer of concrete. But this being Madrid, it soon became a place to congregate: Local artists painted murals on the corrugated fence, assembled wooden bleachers for open-air concerts, and planted a community garden. It's been rebranded El Campo de Cebada (the Barley Field) and is now one of the most popular hangouts downtown.

"This is one of Madrid's biggest fuckups," a journalist told me, detailing the layers of graft and broken promises that doomed the megamall. From where I stood among a few

hundred people, soaking up the sun and listening to a Spanish crooner, it seemed like a perfect example of the wild ingenuity that makes this one of the most exciting cities in Europe. Dig a hole in the ground, and people will find a way to turn it into a party.

That resilient festive spirit has been part of the city's DNA for half a millennium, and these days, it's energizing the capital with affordable new spots to eat and drink and explore. "Surprisingly, the crisis has been a very good time for cultural Madrid," says Jesús Ruiz Mantilla, an arts and culture reporter for the national daily *El País*. "Something huge has convinced people that we need cultural creativity."

## Day 1: Food and Drink


Any given meal in Madrid can feel like a holiday. Lunch is at 2, tapas are at 5, and

dinner's at 9, and the city's 3.2 million residents all seem to go out at once, seeking cured ham, olives, and anchovies with countless glasses of wine and beer. "Things are done on clockwork," says the U.S. ambassador to Spain, James Costos, who moved here from Los Angeles, where he was an executive at HBO. "It's a sense that people really do want to gather."

On my first afternoon, a friend took me to Barrio de las Letras, a tree-lined literary quarter once home to Cervantes and a favorite haunt of Hemingway's. Baby-faced college students and old men in newsboy caps sat around small outdoor tables, conspiring over wine and cigarettes. At a newer tapas spot called TriCiclo, a stylish crowd was shoulder to shoulder. We squeezed through the crush to a counter along one wall and ate supreme whitefish ceviche with our stomachs touching the rims of our plates.

"This is *jaleo*," my friend explained, using the Spanish word for *ruckus*, which in Madrid refers to the joyful buzz of a throng. "People here love going to the same place all at once." A few hours later, there was a sudden change in the streets: People everywhere were locking their heavy doors, climbing into rows of cabs, and streaming down the sidewalks. Dinnertime. More *jaleo*.





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The interior of La Gabinoteca celebrates retro Americana.

Naturally, we headed off, too, and to the best restaurant I visited here, Sala de Despiece. Designed to look like a butcher shop, with meat hooks hanging from the ceiling, this new spot from one of the city's best chefs, Javier Bonet, slings inventive cuts like grilled ox with sweet lard. The room was so full that other patrons were enlisted to pass glasses of wine and plates of marbled beef carpaccio above their heads to the intended diners.

Of course, Madrileños love to gather over drinks, too: There are supposedly more bars per capita here than in any other city in Europe. The neighborhood of Malasaña, just north of the center, is a major hub for nightlife. This is where Pedro Almodóvar started a film revolution after the death of Franco in 1975. It's now where hordes go for generously poured gin and tonics, by far the city's favorite cocktail. Many of the area's haunts are distinguished by the music they play (TupperWare is indie; the Penta is pop; Mercurio is classic rock), but there's no sense of age division inside. "The last two generations were the first to grow up in a democracy," says 50-year-old Ruiz Mantilla at *El País*. "We have a very strong sense of liberty and openness."

## Day 2: Old and New Culture

East of Barrio de las Letras is the Museo

Nacional del Prado, the 450,000-square-foot centerpiece of Madrid's three big museums, known as the Golden Triangle of Art. Within a few blocks you can stand before masterpieces from every period of European history. The Reina Sofía, a modern-art mecca fashioned from a decommissioned hospital, is home to Picasso's *Guernica*, plus a few dozen examples of the surrealist movement launched by longtime Madrid resident Salvador Dalí.

Madrid has a way with abandoned industrial buildings. Before the bubble burst, a decaying power plant and the bloodstained stockyards of an old slaughterhouse were transformed into world-class art showcases. In the neighborhood of Lavapiés, which is home to a diverse mix of immigrants and hipsters, a shuttered tobacco factory (La Tabacalera) was going to be another national museum. But when the developer ran out of cash, guerilla artists occupied the arched brick interior. It's now a self-organized arts center that occasionally hosts hip-hop dance parties. "That's the spirit of this tremendous time," says Ruiz Mantilla. "These huge spaces to spend a weekend with friends are everywhere."

## Day 3: A Sunday Tradition

Madrid takes Sunday seriously, and the neighborhood of La Latina is the place to spend it. "Old friends will meet at the same *tapería* every week," says Francisco Sánchez Rivas, an investment banker and bon vivant. "They don't even call each other in the morning." The most famous stop is the very old-school Casa Lucio. "That's where all the visiting luminaries go — Clinton, Blair, all those guys," says Sánchez Rivas. He prefers nearby Juanaloca, where the *tortilla española* (egg-and-potato pie) is among the best in town, and a butterfish sashimi with silky white-truffle sauce is breathtaking. "This is the best restaurant in La Latina," he says, sipping sauce with a slab of bread. "And this is its best dish."

We finish brunch around sunset. Sánchez Rivas' wife gets a plastic cup for what's left of her wine, which she finishes with a cigarette outside. We stroll past the domed rotunda of Iglesia de San Andrés and onto the sandy slope of Plaza de la Paja, where people sunbathe in the summer. On the northern end is a secret garden in a high-walled courtyard, and a narrow passageway leading into a warren of outdoor cafés. We wander between gas lamps, searching for the next spot to grab a drink. ■

## How to Get More Out of Madrid

### Stay where the matadors do or find a place of your own

The ME Madrid Reina Victoria hotel in Plaza Santa Ana, where the bar feels like a modern spin on a private men's club, is where bullfighters like to bunk. There are also more than 5,000 Airbnb listings in the city — a nicely outfitted two-bedroom loft in the heart of town costs less than \$100 a night.

### Feast on Spain's unique mix of old and new cuisines

Madrid likes its food at the extremes of traditional and radical. A couple of good options for more modern fare are StreetXO, which does molecular gastronomy in a diner setting on the ninth floor of a department store, and La Gabinoteca, where the interior feels like an M.C. Escher sketch and one of the most popular dishes is a Spanish-style hamburger served in a school lunch bag. Of course, more traditional *taperías* are everywhere, especially in Las Huertas, where the best among them are on Calle de Jesús, and La Latina, where Cava Baja is the main small-plate thoroughfare.

### Buy something to take home

The neighborhood of Chueca is full of well-appointed men's clothing stores. For food souvenirs, the central markets of San Miguel and Antón Martín are nicely refurbished spots, and the small boutique of La Conservera is the best place to grab any kind of canned seafood.

### Get outside

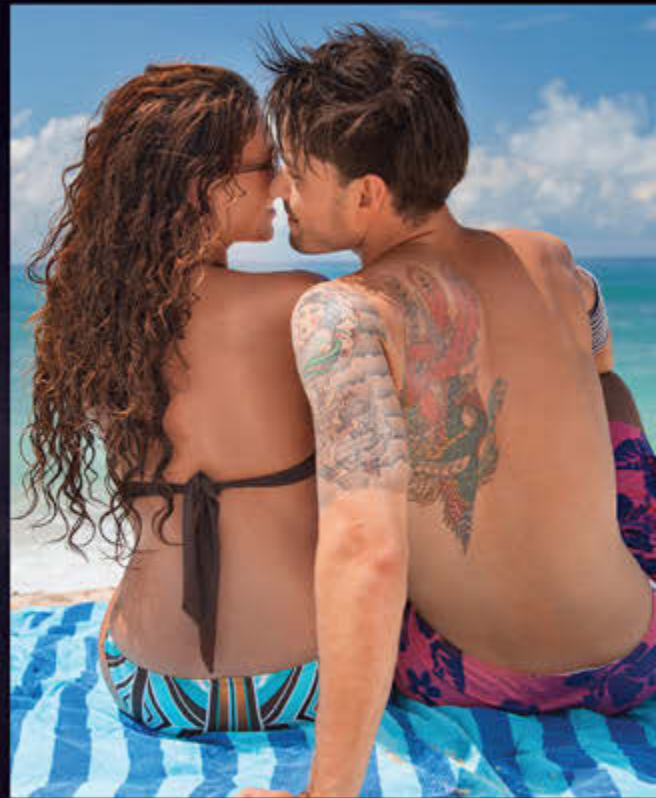
The city is rimmed with epic green spaces on all sides. Retiro Park, near the Prado, is a pristine maze of ponds and statues. Parque del Oeste is home to an Egyptian temple that was donated to the city in 1968. A highway that ran alongside the Manzanares River on the western edge of town was moved underground to make way for a six-mile-long stretch of green, the Parque Madrid Río, now a favorite spot of cyclists. Bike Spain offers high-end rentals and guided tours throughout the city, as well as to a number of surrounding towns.



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## RECORD BOOK

# A Frigid Trek Out West

Two mountaineers make the first-ever cold-weather crossing of the Pacific Crest Trail. **by MIKE RUBIN**

**W**HEN SHAWN FORRY and Justin Lichter, hiking partners from California, announced their plan to make a winter crossing of the Pacific Crest Trail, a local paper suggested the duo was “asking for a death sentence.” The PCT extends 2,650 miles from Canada to Mexico through the Cascade and Sierra Nevada mountains. Though it’s a popular destination for summer hikers (and the setting of Cheryl Strayed’s bestselling memoir, *Wild*), more people have climbed Everest than have hiked the entire trail. And no one had ever completed it during the winter. The last known attempt, in 1983, ended with the deaths of two hikers. “That was a little bit of an eye-opener,” says Forry. “Like, *was* this trip a death sentence?”

At the end of October, Forry, 33, and Lichter, 34, set off from northern Washington and didn’t encounter another hiker on the PCT for the next 1,750 miles. Weather would change on an hourly basis — avalanches and hypothermia were a constant threat. The shortest distance they covered in a single day was nine miles, while snowshoeing through four feet of snow. “You’re lifting your leg up to the middle of your chest every step,” says Lichter. On March 1, they reached the Mexican border — having averaged 20 miles a day — and secured a place in trail history. “It’s definitely a personal journey,” says Forry. “Just being able to dream up ideas like this and go out and live it.”

Both are experienced mountaineers. Forry is a program director at Outward Bound, and Lichter is a member of the ski patrol at the Sugar Bowl in Lake Tahoe. Prior to the trip, the pair had walked a few thousand miles together on major routes around the world, and each had made summertime thru-hikes on the PCT. “We’ve hiked so many miles together, we already know what the other is thinking,” says Lichter. “If you spend that much time together in high-stress situations, you’re pretty compatible.”

Forry surveys the High Sierras in January. Below: He and Lichter (right) reached one of the trail’s highest points in the Cascades at mile 784.



But this trip tested their nerves like nothing before. They had just two sunny days during three weeks of travel through Washington. As they walked through Oregon, the state experienced record precipitation and subzero temperatures. “We definitely had to pay our dues at the beginning of the trip,” says Forry. “You kind of question your sanity at times.” Just south of Mount Hood, they each got frostbite on both feet. “We had a pretty serious conversation that the trip could end at that point,” says Forry. “For the next two or three weeks, it was walking through a lot of constant pain.”

Despite their discomfort, the pair persevered. Once they made it out of the High Sierras, where they backcountry skied for 450 miles, hiking for a month through 650 miles of balmy California desert seemed easy. Friends and family were on hand at the Mexi-



can border to celebrate the achievement, but finishing the trek was bittersweet for Forry. “The routine we had become accustomed to was over,” he says. “There is such a feeling of freedom living in the moment every day. But I’ve learned to apply some of the lessons of the trail into my everyday life: to live simply, appreciate every moment, and seek out new experiences.” ■

## FASTEST TIME SET IN THE ANDES

**Karl Egloff conquers the highest peak in the Americas in half a day.**

The world’s highest peaks have all been climbed, but the race is on to set fastest known times going up and down them. In February, Swiss-Ecuadoran mountaineer Karl Egloff seized the record for the fastest round-trip on the Western Hemisphere’s tallest mountain, the 22,841-foot Aconcagua in Argentina. In 11 hours and 52 minutes, the 33-year-old Egloff ran nearly 50 miles, and climbed 13,327 feet of elevation. It takes most climbers more than two weeks to complete the trip. His time was nearly an hour faster than the previous record held by Spanish ultrarunner Kilian Jornet. This isn’t the first title that Jornet has lost to Egloff: Last August, Egloff broke his speed record on Mount Kilimanjaro, too. —LAUREN STEELE





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# FOOD & DRINK



A vinegary  
barbecue sauce  
amps up  
chopped pork.

## Leftovers Transformed

The remains of a delicious meal can amount to more than a plate of microwaved mush. These techniques deliver fresh takes on last night's dinner. **by FRANCIS LAM**

**B**LAME THE MICROWAVE for leftovers' lame reputation. Zapping whatever's in the fridge sometimes feels a little like giving up — crisp things go limp, meats turn to rubber, and vegetables get all the taste electrified out of them. But what if you thought of leftovers not as old food but as new dishes almost done? Here are six of our favorite ways to transform chicken, steak, pork, and even lowly beans into easy, deli-

cious, and totally new meals. The recipes rely on simple ingredients, most of which you probably have in your kitchen, and they're designed to be mixed and matched with different kinds of leftovers: Don't be afraid to whip up a hearty pasta with leftover beans, for instance, or to use cold fried chicken in a spicy salad. They're all so tasty you might find yourself roasting an extra chicken next time, to use later in the week.

Crisp cabbage plays well against tender steak.

### LEFTOVER

## Steak or Pork Chop

A medium-rare steak or a pork chop is delicious just sliced cold, on crusty bread with some mayo. But here are two ways to take this common leftover to the next level. One is to turn it into a crispy, smoky hash — like an instant barbecue. The other is to toss cool slices of meat into a hot-and-sweet dressing for an Asian salad.

### Cheater's Chopped Barbecue

*Pimentón* is Spanish smoked paprika that's sweet, earthy, and a little winey, and can add a bit of smokiness to anything. It's potent stuff, so sprinkle it sparingly into a little mixing bowl with three tablespoons of finely chopped onion (any kind) and a pinch of salt. Add a half-cup of light vinegar, like apple cider, and chili flakes or black pepper. Let sit for 10 minutes so the flavors combine, then add two generous pinches of salt and more *pimentón* to taste. If you like thicker sauces, toss in a little ketchup or mustard.

Chop the leftover meat into quarter-inch bits. Separate the pinker, rarer parts and set them aside. Heat a heavy sauté pan over medium-high heat with a slick of vegetable oil and any fat from the meat. When the oil shimmers, add a third of the meat — use the more cooked parts, which will get a nice crust — and let it sizzle. Sear the meat until brown and crisp. Take the pan off the heat, add the rarer meat for a tender contrast in texture, and toss it just enough to warm the additional bits through. Remove from the pan, dress with the sauce, and salt to taste. Serve with bread and slaw.

### Thai-Style Salad

This easy salad has tons of flavor and texture: crunchy cabbage, chewy meat, and a salty-sour-sweet-spicy dressing that demands all your taste buds. Shred some cabbage (any variety) into a bowl, dust with salt, and mix, crushing it a bit with your hands. Let it sit for about 15 minutes, then pour out most of the juice that collects at the bottom. Meanwhile, slice the meat into thin strips, about an inch wide.

Mix a dressing of equal parts lime juice, fish sauce, and sugar. Stir in some minced garlic and sliced fresh chilies or chili powder to taste. (You can use your favorite hot sauce in a pinch.) Taste the dressing and adjust; you basically want it to be salty, tart, and spicy in equal measures, with a touch of sweetness. (If it's too strong, dilute it with a little water.)

Dress the cabbage to taste, add some cilantro, mint, and basil, if you have it, and toss with the meat. It's great with hot jasmine rice.





## LEFTOVER


## Chicken

A cooked chicken is everyone's homey favorite, but in the fridge, it gets ugly. Golden, crisp skin turns flabby; meat becomes stiff. What to do? Whether the bird's been roasted, baked, or fried, shred the rest of the meat and skin by hand and heat them lightly in a pan. In minutes, you can have a rich, stewy dish or a pasta bursting with flavor.

## Quick Fricassee

Most stews need hours to really develop, but if your chicken's already cooked, a fricassee will do you right in just a few minutes. The key is to use the best soy sauce you can find, and to stir in butter thoroughly so it melts into a smooth, rich gravy.

Get a saucepan ripping hot over high heat with a film of vegetable oil. Add a chopped scallion or two and let sear. Turn the heat to medium-low and add chicken skin or a pat of butter. Add minced garlic, herbs, chilies, or whatever flavors you want at this point. Then dump in the shredded chicken and a glug of chicken broth, wine, or water. Stir in a handful or two of tender chopped greens — spinach, chard, whatever — and soy sauce to taste. Keep stirring until the greens wilt. Add more broth



A simple sauce brings moisture to leftover meat.



Add chilies and salt to garlicky oil to spike pasta's flavor.

## CHICKEN STOCK

Toss chicken bones into a pot with cut-up onions, carrots, celery, and herbs, plus peppercorns. Add water to cover, bring to a boil, then let it bubble for three to four hours. Skim fat off the top as needed. Strain, then store the liquid in one-quart containers in the fridge or freezer.

or wine to make it slippery, then a few pats of butter, stirring quickly until the sauce looks creamy. Add more soy sauce or salt if needed, and top it all with a fried egg. Serve with a hunk of bread, some grains, or by itself.

## Kitchen-Sink Pasta

The holy trinity of olive oil, garlic, and red pepper flakes is enough to make a classic pasta sauce. Once you have that foundation, you can toss in virtually anything else and it'll taste delicious.

So get a pot of ocean-salty water boiling. Put a sauté pan over low heat with extra-virgin olive oil and chopped garlic. Add chili flakes to taste. As the oil warms to a sizzle, season it with salt. Now add anything you like: capers, olives, anchovies, herbs, or nuts. When the pasta is just about done, add your shredded chicken to the oil and warm it through. Stir in a few big spoonfuls of pasta water to give the sauce moisture, then add the drained pasta. Toss and finish with cheese or lemon juice.



## LEFTOVER

## Beans

Beans have a creamy richness and a nutty flavor that can make them every bit as satisfying as meat. And they're surprisingly adaptable — as long as they're not already cooked to mush. To make sure they're reusable, cheat: Next time you're boiling beans for a chili, soup, or side, cook a few extra cups, then scoop that portion from the pot when they're tender but still whole. Drain and let cool on a tray. If they still look wet, pat them dry with paper towels. Store in the fridge, or jump right into one of these techniques.

## Crispy Bean-Nuts

We love potato chips because of the way starches crackle when they're fried. And we love roasted meats because of how much flavor protein gets when it browns. Since beans have starch and protein, frying them is a great way to develop meaty flavor *and* a crisp texture.

Line a big bowl with paper towels. Heat two inches of vegetable oil in a deep saucepan over medium-high heat. When the oil is shimmering but not smoking, drop a bean in. If it sizzles right away, you're ready. If it sputters, the beans aren't dry enough, so pat them with a paper towel again. Add the beans a handful at a time, stopping if the bubbling really slows down. (Frying in batches keeps them from getting greasy.) Stir occasionally, and fry until the beans have turned a few shades darker and are crisp and light in texture. Scoop them with a strainer

into the towel-lined bowl. Toss generously with salt and let cool. They're great to snack on as is, but you can also add them to salads for a hit of protein, or to pasta and rice dishes for a savory crunch. My go-to: using them in place of croutons in a Caesar salad or throwing a handful into fried rice.

into the towel-lined bowl. Toss generously with salt and let cool. They're great to snack on as is, but you can also add them to salads for a hit of protein, or to pasta and rice dishes for a savory crunch. My go-to: using them in place of croutons in a Caesar salad or throwing a handful into fried rice.



Deep-fried beans bring crouton-like crunch to a Caesar salad.

## Browned-and-Buttered Beans

Who says beans need to be stewed all the time? Seared in a pan with some toasted spices, beans make a delicious side dish, warm salad add-on, or even a launch pad for a saucy stir-fry.

Make sure the beans are dry. Place a sauté pan on medium-high heat and coat it with olive oil. When the oil shimmers, add the beans in one layer, and don't touch them for a minute or two, until the bottoms start to color. Season with salt, and stir until they're lightly browned on all sides. You can serve them now, but the better move is to drop in a pat of butter or glug of olive oil, and immediately add some minced garlic or ground spices like cumin, coriander, and cinnamon. When the aromatics are toasted and the pan smells crazy good, toss ingredients and serve.

Or take it one step further and make the ultimate carb-load *kushari*, Egypt's street food. Add some cooked rice to the sautéed beans and season with salt. In a separate pan, melt another knob of butter and toast some garlic, cumin, and a dash of cinnamon, then stir it into the rice and beans. Now add some cooked macaroni, and top the whole thing with crispy fried onions. Serve with tomato sauce or on its own, and remember to run a marathon the next day. ■



A play on kushari, an Egyptian street food

## STORAGE TIPS

- Don't let cooked food sit. Two-plus hours at room temperature will give bacteria a chance to multiply.
- Most leftovers keep for three to four days in the refrigerator.
- Can't eat them that fast? Cooked steak and pork last up to three months in the freezer; chicken lasts four.





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# Cocktails Worth Waking Up For

Three drinks that prove brunch's tastiest indulgence doesn't come on a plate.

by ST. JOHN FRIZELL

**B** RUNCH IS THE PERFECT beginning to an ad hoc holiday, a midmorning statement of daylong leisure. It's the only meal rooted in the act of sleeping in, and it features a menu designed for overindulging — eggs Benedict can share a table with biscuits and gravy, pancakes, and huevos rancheros.

Of course, even the local lumberjack special can leave you wanting without a proper morning cocktail. Unfortunately, no genre of mixed drinks gets as little attention. (You can blame this on bartenders; the good ones don't rise until well past noon on weekends.)

Thankfully, it's much easier to make brunch drinks at home than it is to prepare hollandaise sauce. As proof, here are three cocktails that will wash away the morning cobwebs without giving you flashbacks to last night's last scotch: the classic Bloody Mary; a recipe to replace that other ubiquitous (and instantly forgettable) brunch drink, the mimosa; and a new one that's quite possibly the perfect pairing for a cup of strong black coffee, that other Sunday-morning staple.

A

## BLOODY MARY BATCH\*

1½ cups vodka  
4 cups tomato juice  
¼ cup lemon juice  
¼ cup Worcestershire sauce  
1 tbsp horseradish  
1-2 tsp Tabasco sauce

Mix all ingredients in a pitcher and stir. Pour into ice-filled pint or rocks glasses and garnish with celery, olives, a lemon or lime wedge, pickled okra, or just about anything else.  
\*Serves 6 to 8

B

B

## BOURBON MILK PUNCH

2 oz vanilla-infused bourbon (or bourbon with 3 dashes vanilla extract)  
¾ oz simple syrup  
4 oz whole milk  
Nutmeg

Shake bourbon, vanilla extract (if using), simple syrup, and milk over ice. Strain into an ice-filled rocks glass. Dust with freshly grated nutmeg.

C

## ELYSIAN NYMPH

½ oz cognac  
½ oz Cointreau  
½ oz simple syrup  
¼ oz freshly squeezed lemon juice  
Sparkling dry wine, such as prosecco or cava

Shake cognac, Cointreau, simple syrup, and lemon juice over ice. Strain into an ice-filled rocks glass and fill the glass with wine. Garnish with an orange wheel.

C



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## PROFILE

## Silicon Valley's Food King

Entrepreneur Josh Tetrick wants to change the way the world eats — a jar of mayonnaise and a batch of cookies at a time. **by DANIEL DUANE**



Tetrick is trying to break the food industry's dependence on factory farming.

**F**OUR YEARS AGO, Josh Tetrick was grasping for a new career when a buddy who worked at the Humane Society mentioned that more than a trillion eggs are produced around the world each year. The vast majority of them come from factory farms, where chickens are kept locked in cages and pumped with antibiotics. And a third of these eggs go into products we don't always associate with them: processed foods like muffins and cookies. "He was trying to get all the big food companies to switch to cage-free eggs," says Tetrick. But Tetrick had another idea. Rather than convince manufacturers to buy better eggs, what if a food company made its products just as well without using eggs at all?

Tetrick's San Francisco start-up, Hampton Creek, uses plant-based proteins to

make everyday foods that don't rely on the destructive practices of large-scale animal farming. The company's most popular product, an eggless spread called Just Mayo, is on shelves at 15,000 stores worldwide. An eggless chocolate-chip cookie dough, Just Cookies, was released last summer. In December, Tetrick announced \$90 million in new investment from a star-studded lineup that includes Yahoo co-founder Jerry Yang and the richest man in China, Li Ka-Shing. "It has been a fucking surreal year," Tetrick says.

The 35-year-old entrepreneur has no science background and no formal training in business or food manufacturing. He made the football team at West Virginia University as a linebacker who could bench-press 225 pounds for 23 reps. When he realized

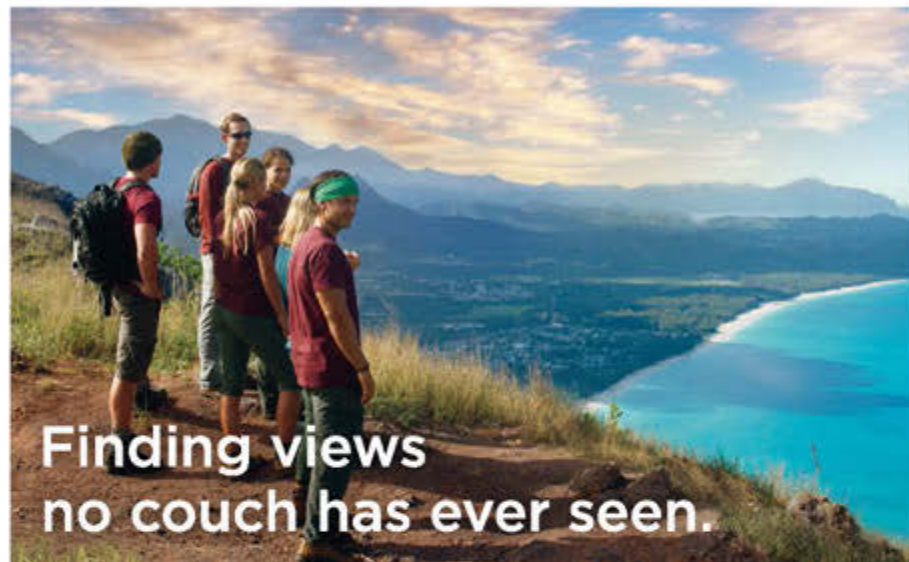
he wasn't good enough to play in the NFL, he transferred to Cornell, earned a law degree at Michigan, and spent the better part of seven years working on education and food policy in sub-Saharan Africa. That's where he discovered how hard it is to feed the global poor, especially with sufficient protein, without harming the environment.

In January 2012, Tetrick began experimenting with plant proteins that could do the job of eggs in baked goods. In a former girlfriend's L.A. apartment, he tried using high-protein bean flours in muffin recipes. "There was literally batter splattered all over the ceiling," his ex-girlfriend Jill Hundenski recalls. "Dirty dishes were in my bathtub." Tetrick hit the streets of Beverly Hills to taste-test an admittedly gummy first run of plain muffins. "You could tell by the way people's jaws moved when they chewed," Tetrick says. "It didn't look right." But the idea (and eventually the muffin) was good enough to raise \$2 million in venture capital. That summer, he opened an office and hired some kitchen help — a former contestant on *Top Chef*, an Otis Spunkmeyer baking expert, and a food scientist — to identify proteins that could outperform bean flours.

Tetrick's team had developed prototypes of its mayonnaise and cookie dough when Whole Foods called, asking for a product in September 2013. Hampton Creek delivered its first shipment of Just Mayo two months later. The label made no mention of veganism, global health, or the environment. "The 'good thing' doesn't win when you pound it into people's heads," Tetrick explains. "The good thing wins when you make it better-tasting and more affordable."

Hampton Creek's rapid success has also caught the attention of traditional food manufacturers. Last fall, the company that owns Hellmann's filed a lawsuit claiming Just Mayo violated the federal definition of mayonnaise, but then quickly dropped it after more than 100,000 people signed a petition supporting Tetrick. Meanwhile, a team of biochemists is analyzing every edible plant possible to expand Hampton Creek's offerings; a high-protein dried pasta is probably up next. "I know mayo isn't going to change the world," Tetrick says. "But maybe it's a symbolic step toward thinking about our problems in new ways." ■





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# STYLE & DESIGN



## ← The Subdued Street Shooter

Though costlier than other digital shooters, the **M-P Set Safari** boasts Leica's superior optics and the uncompromising build that pros have relied on for decades. Beneath the limited-edition olive shell, a full-frame sensor captures 24-megapixel stills and HD video. \$9,990; [leicacamerausa.com](http://leicacamerausa.com)



## ↑ The Spring-Weight Puffer

Slip on the thin down-filled **Parajumpers Perfect Man** vest to tackle the season's unpredictable weather. Complementing the Italian brand's style is workmanlike construction, inspired by a chance meeting between designer Massimo Rossetti and a rescue squadron in an Anchorage, Alaska, bar. \$325; [parajumpers.it](http://parajumpers.it)

## The Folding Bike →

Finally, there's a folding bike you'll actually enjoy riding. Credit that to the **Allen Sports Ultra X**'s large, 20-inch wheels and carbon-fiber build — the frame, fork, handlebars, rims, seat post, and even the seat are made of the lightweight material. That, combined with a 20-speed drivetrain, will let you take on hilly terrain and spend more time in the saddle. \$4,999; [allensportsusa.com](http://allensportsusa.com)



## ← The Metal Patio Chair, Revamped

"Most people say their grandparents had a chair like this," says Loll Designs CEO Greg Benson of **Pliny the Lounger**. The chair's bouncy stainless-steel frame and recycled-plastic seat can withstand sun and rain, and it's so stylish it can be used anywhere. \$739; [loll designs.com](http://loll designs.com)



## ← The More-Mobile Swim Fin

DaFin's new **Kicks** are rounded to make drop-knee bodyboarding easier, but they'll also help when you're swimming and snorkeling. The stiff rubber boosts speed, yet it's flexible enough to keep you from being sore after a session in the surf. \$64; [dafin.com](http://dafin.com)





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Tesla's P85D has an optional rear-facing jump seat, to give the kids the ride of their lives.



## Plug and Play

Sure, gas has gotten cheap, but these days going electric has less to do with saving money and shrinking your carbon output and more to do with performance. Here's why. **by JESSE WILL**

### TESLA'S NEW SEDAN BREATHES FIRE — WITHOUT THE FIRE.



After a sprint in the **Tesla Model S P85D**, you half expect to step out of the car with the contoured lines of its sport seats permanently tattooed to your back. Accessing the emission-free all-electric sedan's loony tunes potential (691 horsepower, 687 lb-ft of torque) is almost too easy: You just flick its acceleration setting from "sport" mode to "insane" (yes, it's called that) on the 17-inch touchscreen and press the pedal, and two motors unload an Italian exotic's worth of power to all four wheels. While your stomach drops, your brain tries to comprehend what your ears aren't hearing: an internal-combustion engine ripping through gears and shrieking toward the red line. Instead, as the world outside the window starts to blur, you notice only wind noise and a subtle electronic whine. It's spooky.

Even stranger, the P85D has what seems like twice

the usable interior of any supercar that matches its straight-line speed — Ferrari's 458 Italia, the Corvette ZR1, Porsche's 911 GT3. The P85D has five seats, four doors, and space to spare. (It's the same layout as lesser-powered, rear-wheel-drive versions of the Model S.) There's no transmission hump running between the seats, stealing legroom, because there's no transmission. The Tesla P85D is the ultimate sleeper: perfectly respectable for ushering the neighbors to dinner on Saturday night, utterly ridiculous when you ask it for more on a Sunday drive.

And when you tire of taking the P85D's wheel, its digital driving aids jump in with the most advanced autonomous tech we've seen. An "autopilot" cruise-control mode uses 360-degree sonar and camera coverage to monitor the car's sur-

roundings on the highway, steering around curves and adjusting speed as needed, and can even slow the car to a stop or pass another car on command with the tap of a turn signal. Better still: It's a car that improves with time, as over-the-air software upgrades will enhance speed, add functionality, and fix bugs without your having to visit the dealer.

Is the P85D perfect? No. While that mammoth touchscreen impresses, the rest of the nearly spartan interior doesn't quite live up to the car's price. And the battery that enables its best-of-all-electric-cars 253-miles-per-charge range also makes it heavy (4,936 pounds). But without a doubt, the P85D proves what plug-in cars can, and will, continue to do: meld categories and blow minds.

→ 89 MPGe; 253-mile range; \$105,670

#### KEY



All Electric



Electric/Gas

### ELECTRIC QUESTIONS ANSWERED

#### WHAT'S MPGE?

A figure the EPA worked up to help buyers compare the energy costs of electric and hybrid cars. It represents the electric equivalent of the energy generated from one gallon of gas.

#### HOW DO YOU FIND CHARGE STATIONS?

On your smartphone, via an app like Plugshare, which maps free and paid charging stations and crowd-sources intel on each location. Or you can find one in your garage at home.



A man with short brown hair is sitting on a wooden bench outdoors. He is wearing a grey zip-up hoodie over a white t-shirt, red athletic shorts with grey side panels, and grey Skechers Sport sneakers with black laces and white soles. He is also wearing large white over-ear headphones and holding a smartphone in his hands. The background features a large window with a metal frame, looking out onto a cityscape with greenery and buildings. The floor is made of grey concrete, and there is a low brick wall behind the bench.

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## THE NEW VOLT GOES FARTHER THAN EVER.



Despite its visionary powertrain, the **Chevy Volt** never really caught on — except with the people who actually own one. An all-new model should improve its already sky-high owner satisfaction, with a boost in electric-only range from 38 to 50 miles — enough to cover most daily commutes.

Other upgrades include quicker off-the-line acceleration, better brake feel, and a third rear seat. But its best feature will still be the ability to rely on what Chevy calls the car's "range extender" (read: gas engine) to road-trip on the fly. GM expects Volt drivers to make it more than 1,000 miles between fill-ups.

→ 102 MPGe; 50-mile electric-only range, 420 miles on one tank; estimated price \$35,000



## Not all seven-seat beasts get seven miles per gallon.



A few years back, driving a hulking 400-horsepower SUV propelled mainly by a four-cylinder engine would have seemed about as likely as running into Kanye West at Kohl's. But the upcoming **Volvo XC90 T8 Twin Engine plug-in hybrid** — a luxury people-hauler that the Swedish automaker bills as the "world's first seven-seat plug-in" — will generate that, via a high-tech, thrifty powertrain. A super-charger augments the low end of the four-cylinder's rev range, allowing time for a turbocharger to build boost at the high end. Meanwhile, an 82-horsepower electric motor drives the rear. Charged overnight, its battery should propel this electric Viking ship up to 25 miles emission-free before the gas engine kicks in. You'll also be able to choose "power" mode to use the battery for sub-six-seconds-to-60 bursts instead.

→ 59 MPGe; around 25-mile electric-only range; estimated price \$60,000



## It's still a Porsche, even when it's silent.



It might surprise you that this German brand offers three plug-in cars — more than any other manufacturer (for the record, Porsche built the first battery-and-combustion-powered hybrid in 1899). The current fleet is led by the 918 Spyder, an \$848,000 hypercar that's arguably the most sophisticated production model ever created. But Porsche also offers a couple of plug-ins you might consider, even if you're not a sheik or Seinfeld: a variant of its four-door sedan,

## Finally, a zero-emissions compact that will bring a jolt to your commute.



For a half-decade, automakers have rolled out plug-ins with limp handling and languid cornering, while VW offered none. Only recently has the company released its first electric model, and even though the **VW e-Golf's** limited range (83 miles) will relegate it to second-car duty for most, there's something to like about the Golf's voltaic variant: It drives like a Golf — taut and Teutonic. An added benefit: Its immediate burst of torque hustles the e-Golf to 30 mph more quickly than its conventionally powered hot-hatch sibling, the GTI. The GTI's still a better fit for most, but greenies should know there's an entertaining short-range alternative to the Tesla.

→ 116 MPGe; 83-mile range; \$36,265



### HOW LONG DOES IT TAKE TO CHARGE?

It depends on the capacity of the battery and the type of connection. On a 240-volt outlet like the one you plug your dryer into, the Tesla Model S P85D and e-Golf charge in 8 hours, the Panamera S E-Hybrid in 3.

### HOW MUCH DOES HOME CHARGING COST?

It varies according to the size of the battery you're charging and what part of the country you're in, but based on current national averages, it costs \$3.24 to fully charge an e-Golf and \$11.39 to reboot the Tesla S P85D.

### WHAT ABOUT THE TAX CREDIT?

Plug-ins qualify for an income tax credit ranging from \$2,500 to \$7,500, depending on battery capacity; most leaseholders don't get the credit. Some states offer incentives like toll discounts and special HOV-lane status.



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# Denim Dresses Up

The classic jacket reimaged for any occasion.

by STAYTON BONNER

**O**RIGINALLY CREATED BY Levi Strauss for 19th-century railroad laborers and miners, the denim jacket is now taking on a new work frontier: the office. “The jacket has become a staple you can wear with a shirt and tie,” says Levi’s design director, Jonathan Cheung. “It creates an effortlessly cool look.” Today’s jackets are more fitted, available in colors beyond blue, and sometimes aren’t even made of denim. “You can pair dark jeans and a lighter-colored denim jacket, but guys worry it looks like a Canadian tuxedo,” says Paige Adams-Geller, founder of Paige Denim. “So we took the classic shape and expanded it with new fabrics and colors.” Here is our guide to wearing (and pairing) the right denim jacket in every situation. ■



## THE OFFICE JACKET

\$395

Mix a casual element into your work wardrobe with a raw, selvedge jacket like this one from Raleigh Denim Workshop — but don’t pair it with a wide tie. “Definitely wear a slim, textured tie,” says Adams-Geller. “You want to relax the look.”



## 2 THE FOREVER-BLUE JACKET

\$60

Most jean jackets fade to white around the pockets and arms over time, but this overdyed H&M navy denim will never lose its deep tint, offering a reliable contrast for light-colored shirts. “It looks great with gray twill pants,” says Adams-Geller.



## 3 THE WEEKEND JACKET

\$238

The key to buying a broken-in jean jacket is believability. “You want a natural feeling,” says Cheung. The lightly worn Earnest Sewn Cass Denim jacket combines well with khakis and a casual top like this striped hoodie.



## 4 THE CLASSIC TRUCKER

\$88

Levi’s Trucker is still the standard. “It can be worn year-round, as a breathable outerwear piece or layered under a leather jacket,” says Cheung. Make sure it’s a perfect fit — denim doesn’t stretch or shrink much.



## 5 THE NONDENIM DENIM JACKET

\$249

The classic silhouette still conveys rugged attitude but in a range of color and fabrics. “Instead of pairing denim jackets with khakis,” says Adams-Geller, “you can wear this light-colored Paige Scout twill jacket with jeans.”

Shirt for jacket 1 by Steven Alan ([stevenalan.com](http://stevenalan.com)); tie by Seize sur Vingt ([16sur20.com](http://16sur20.com)). Shirts for jackets 2, 3, and 5 by Faherty Brand ([fahertybrand.com](http://fahertybrand.com)). Shirt for jacket 4 by Club Monaco ([clubmonaco.com](http://clubmonaco.com)).

FROM TOP: VICTOR PRADO; PROP STYLING BY MARIANNA VERA FOR HALLEY RESOURCES; GREG BROOM (4); PROP STYLING BY YOLANDE GAGNIER





*Tommy Bahama*

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## SPORTS



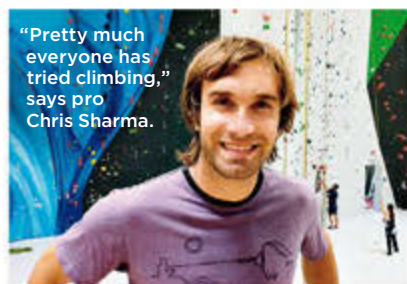
Since the gym's opening in 2013, membership has boomed at Santa Ana's Sender One.

## Are Climbing Gyms the New CrossFit?

Dozens of massive facilities, decked out with yoga studios, fully stocked fitness areas, and juice bars, are luring a new breed of fitness buff. **by WILL COCKRELL**

**I**T'S A MONDAY evening in New York, and the after-work rush is on at gyms around the city. Mike Rocks, a 32-year-old account manager at a genetic lab, is stretching quickly before jumping into his twice-a-week kettlebell routine. But he's not at his usual gym. For several months now, Rocks has been coming to the Cliffs Climbing + Fitness, a sprawling complex in a former warehouse in Long Island City, in Queens, New York. With more than 30,000 square feet of sheer, angular walls dotted with thousands of chalk-covered holds, it's one of the largest climbing gyms in the country. The \$4 million facility includes all the wall space a rock hound could want, plus a traditional exercise area that's stocked with free weights, cable and cardio machines, kettlebells, and even a gear store — just the sort of variety that Rocks was looking for.

"I do two days of climbing per week and two days in the fitness area," he says. "Before this I was a member of a New York sports club, and I became just another jock, pumping weights, getting strong for no functionality. Here everyone wants to be a better athlete, fitter, healthier."



"Pretty much everyone has tried climbing," says pro Chris Sharma.

All around the country, tens of thousands of gym rats are giving up their Spinning classes and CrossFit WODs in favor of the climbing wall. According to the industry publication *Climbing Business Journal*, 29 climbing gyms — facilities with huge artificial walls studded with grips for indoor climbing — opened shop in 2014, and 40 more are expected this year. Walltopia, one of the leading manufacturers of climbing walls, has reported a 300 percent increase in business in the last four years alone.

"Climbing gyms used to be these dark, dirty places where only climbers would go," says professional climber Chris Sharma, a co-owner of Sender One, a glossy new gym in Santa Ana, California. "Nowadays pretty much everyone you talk to has tried climbing or knows someone who has."

A decade ago most climbing gyms attempted to re-create the look and feel of real rock. In the process, they constructed dusty, drab vaults that catered to hard-core rock hounds — and almost no one else. But that aesthetic has been turned on its head, and climbing gyms now attract urban professionals tired of the same old circuit-training class. Today's gyms are bigger, have more space and natural light, and are outfitted with multi-story climbing walls painted with bright, eye-catching colors like orange, yellow, and green.

"It's never going to be real rock," says Sharma. "Accepting indoor climbing as something totally different has given gyms the freedom to finally create something that's inspiring."

Besides building airy spaces in neon colors, climbing gyms have added a full complement of yoga classes, functional-circuit boot camps, and kettlebell classes. In-house coffee bars and saunas are not uncommon, and some gyms also have creative work spaces and lounges. They host kids' birthday parties, after-school programs, and even late-night parties with DJs.

"It's the workout without the work," says Mike Wolfert, who opened the Cliffs in 2014. "You don't feel like you have to go to the gym. You actually want to go."

"Community is the secret to why climbing is so cool," says Lance Pinn, a co-owner of the Brooklyn Boulders (BKB) franchise, which added locations in Somerville, Massachusetts, and Chicago in the last two years. "Once people experience that, they get it. We're trying to become that third place people talk about — you know, other than work and home."

All that new participation translates into an influx of money for the sport, and many mainstream brands have taken notice. Adidas Outdoor USA, a spin-off of the athletic-apparel brand, recently bought Five Ten,



one of the most beloved brands in climbing, and now sponsors a team of 22 climbers that includes Kevin Jorgeson, who made world-wide headlines in January with his record-breaking ascent, with Tommy Caldwell, of Yosemite's Dawn Wall.

"There are about a thousand climbing gyms out there, and we think that will double in the next few years," says Greg Thomsen, managing director of Adidas Outdoor, which supplies a hundred of those gyms with employee clothing and artwork. "More important, they're arriving in areas where kids have only ever had access to sports like basketball."

How many of those new gymgoers will transition to climbing outdoors is hard to say. But plenty of elite climbers got their start in gyms, among them Jorgeson and Sharma. "Even though it's about being outside for me," says Sharma, "I feel connected to the climbing-gym world because that was my introduction to the sport. I'm the product of a climbing gym."

And when climbers do transition to the outdoors, it doesn't mean they stop coming to the gym. To train for the Dawn Wall, Jorgeson spent a huge amount of time indoors, and Caldwell even built a climbing wall in his backyard to problem-solve a particular move.

"Climbers in the past were more adventurers — they didn't work out, per se, other than climbing," says Thomsen. "But the new generation, they know they can't attain the level of performance they need without spending time in the gym."

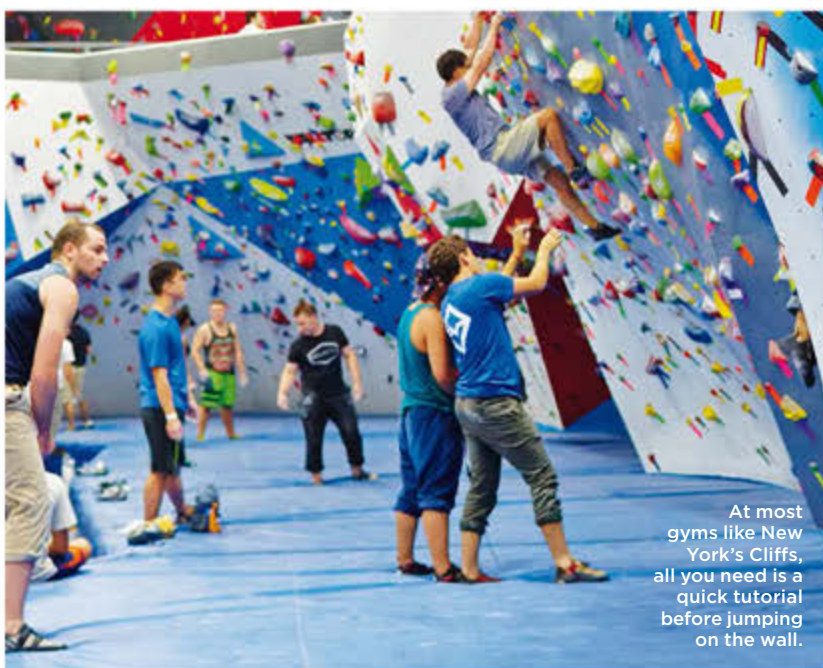
"You're seeing more professional climbers doing focused indoor training to accomplish outdoor goals," says Jorgeson.

Thanks in part to the Dawn Wall ascent, climbing has suddenly hit the mainstream, in consciousness if not participation. And the boom, if it comes, will most certainly be felt in the gym first, not the outdoors.

"A lot of people were made aware of the sport because of that climb," Jorgeson explains. "But if you don't have a place to experience it, then it's just a headline and you're going to forget about it next week."

Of course, having an entire generation of climbers trained in the gym presents its own issues. "There are people starting in climbing gyms who don't know how to act when they go outdoors," says Sharma, who is opening a state-of-the-art gym in Barcelona, Spain, in July. But more climbers ultimately means a more sustainable future for the sport.

"I feel good about more people coming into climbing," says Sharma. "Our sport has been so small for so long, so it's great to see that people are psyched on it. I know what a positive thing that was in my life, and I would love for more people to have something similar." ■



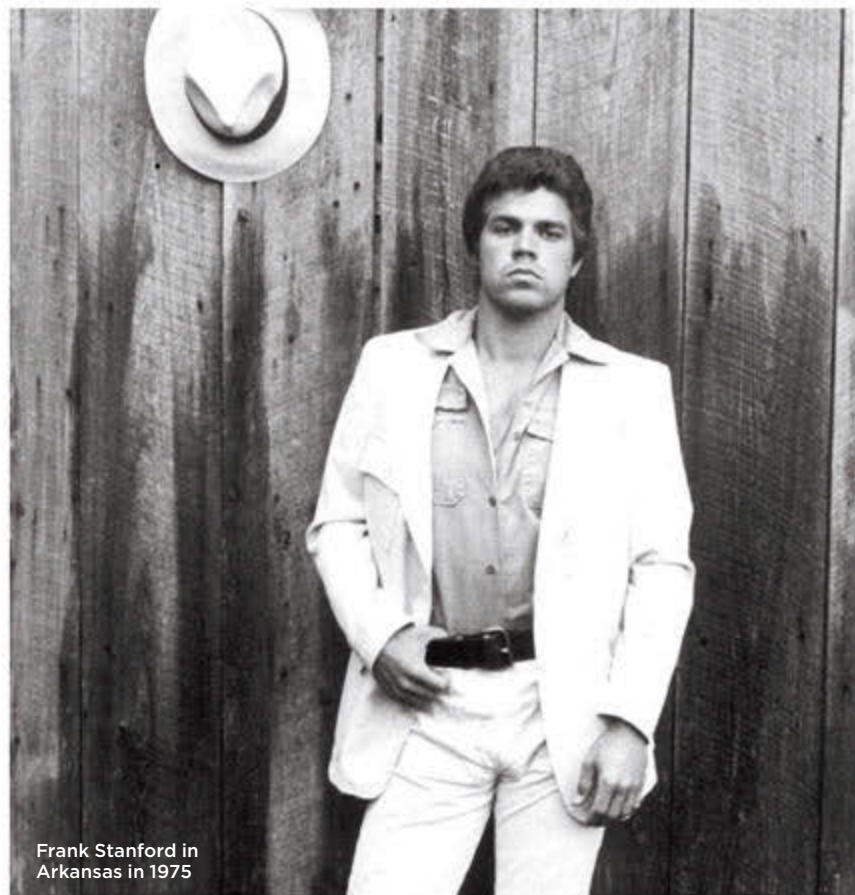
At most gyms like New York's Cliffs, all you need is a quick tutorial before jumping on the wall.

## Where to Climb

The five best new gyms in the country.

- 1 THE CLIFFS**  
Queens, New York  
With a 50-foot wall, this former warehouse is one of the city's brightest, cleanest gyms — of any kind. "A dusty, dirty environment takes away from the experience," says owner Mike Wolfert. "We worked hard to change that. Even our lighting is designed to replicate midday overhead sun."
- 2 BKB CHICAGO**  
Chicago  
The third gym in the Brooklyn Boulders (BKB) franchise, this is by far its glossiest, with a gear shop, a WiFi-enabled work space, and a conference room. "We thought people would spend more time here if we gave them more places to hang out," says co-owner Lance Pinn. "And they have."
- 3 DOGPATCH BOULDERS**  
San Francisco  
This gym, in the San Francisco neighborhood it's named after, is dedicated to no-rope bouldering routes, for which mats provide the protection. It has 14,000 square feet of walls and more than 300 climbs. It's perfect for people who like the ease that comes with no-equipment-necessary climbing.
- 4 PLANET GRANITE**  
Portland, Oregon  
Planet Granite's newest gym has a 55-foot-high climbing wall, a bouldering area with 200 no-rope climbs, and four crack climbs that can be adjusted for width variation. There's also a yoga studio, a weight room, and fitness instructors on-site. It's like walking into a high-end food market devoted to fitness.
- 5 SENDER ONE**  
Santa Ana, California  
Sender One is SoCal's premier climbing facility, with fitness studios, a dedicated kids area, and a 50-foot-high blue wall designed by pro climber Chris Sharma. "Some people call it the ice-cream cone," says co-owner Wesley Shih. "They see that wall and dream about what they might be able to do. It's aspirational."

## BOOKS



Frank Stanford in  
Arkansas in 1975

## Booze, Guns, and Poetry

Frank Stanford lived hard and took his own life at 29. Four decades later, the “swamprat Rimbaud” gets his due.

by **BILL DONAHUE**

**F**OR THE SMALL literary community of Fayetteville, Arkansas, it was the big event of 1969: Allen Ginsberg, the great bard himself, would read at the University of Arkansas. For two and a half hours, the poet held court, reading the whole of his epic *Howl* and donning finger cymbals as he led the swaying crowd in the Hare Krishna chant. Later, at a party in the hills above town, Ginsberg was surrounded by adoring fans, who presented him with love beads and cajoled him to sketch little pictures of sunflowers.

The party's host, a poet himself, regarded all this with cool disdain. Frank Stanford was just 20, a handsome country boy, soft-spoken and aloof. The scene in his living room, he

decided, could not stand. And so Stanford pulled out a Parker Brothers shotgun, cocked the hammer, and shot a hole in the ceiling. What had set him off? Bill Willett, a friend who was at the event, recalls that Stanford felt that “there were a few lightweights at the party.” After the gunfire, Willett reports, “all the lightweights left.” Ginsberg stayed, and the party continued into the night.

The young poet, in other words, was editing. He was cutting to the bone, and he was good at that. Nearly four decades after he took his own life in 1978,

Stanford's poems continue to sing out with spare clarity. Consider this gem called “The Minnow”: “If I press / on its head, / the eyes / will come out / like stars.”

Most of Stanford's books have been out of print for years, but his work has maintained a cultlike following that includes artists such as Jack White, Tom Waits, and Lucinda Williams. Now this “swamprat Rimbaud,” as a fellow poet described him, will get a wider audience, with Copper Canyon Press' publication of *What About This: Collected Poems of Frank Stanford*, a 768-page volume that collects nearly all the poems Stanford published in his brief, incandescent life — including excerpts from his 15,283-line epic, *The Battlefield Where the Moon Says I Love You* — along with a trove of previously unpublished work.

In certain corners of the literary world, this is cause for celebration. “Frank Stanford is a missing voice in American poetry,” says the Canadian novelist and poet Michael Ondaatje, author of *The English Patient*. “His poetry is probably the most overlooked writing I know.” It's also unusually accessible to those who never bother with poetry. In the collection's introduction, the poet Dean Young gets at Stanford's unique appeal. “Many of these poems seem as if they were written with a burnt stick,” Young writes. “With blood in river mud.”

**STANFORD WAS AN** outsider from the outset, a mystery even to himself. In 1949, he was adopted by an unmarried Mississippi society woman named Dorothy Alter. She told little Frankie that she was his birth mother and spent long, sour days at the kitchen table, playing solitaire, nursing a tumbler of whiskey, and bitching out her black maid and black chauffeur. “She was a woman God never wanted to have children,” says Stanford's sister, Ruth Rogers, who was also adopted. “We were little glass figurines to her.”

In 1952, Alter married Albert Franklin Stanford, a courtly gentleman 27 years her senior, ushering her children into a new world. Frank Sr. was an engineer who built levees on the Mississippi and St. Francis rivers, and also something of a maverick in that he exclusively hired black laborers. Summers,

Frankie and Ruth lived in the work camps as Dorothy fixed meals in the mess tent. On the levees, Stanford acquired the Negro cool that compelled him to pronounce in one interview, “I'd rather be Muhammad Ali than T. S. Eliot any fuckin' day.”

Dorothy Stanford didn't tell her son about his adoption until he was a 20-year-old student in







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—JULES VERNE

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A cyclist wearing a yellow and black jersey, black shorts, a black helmet, and sunglasses is riding a road bike on a paved road. The road curves to the right and is flanked by green grass. In the background, there are large, rugged mountains under a sky with soft, white clouds. The lighting suggests it's either early morning or late afternoon.

*It's time.*

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the creative writing program at the University of Arkansas. "The news was devastating," Willett says. "He'd grown up thinking he was Southern white aristocracy. Now he realized that he was probably part black. You're 20 years old, and all of a sudden your mother's not your mother. The weight of the news washes away everything you ever had."

Stanford dropped out of school, became a land surveyor, and poured his anguish into his writing while engaging in a series of impassioned, often adulterous relationships. In 1971, he published his first book of poems, *The Singing Knives*, which he wrote with a bottle of whiskey at his side and a hunting knife dangling from the ceiling near his desk. Over the next seven years, he published eight more books, blending the wisteria-shrouded doom of William Faulkner with the dreamy surrealism of French New Wave cinema, conjuring his native land with bone-breaking lines such as: "Jimmy ran down the road/ With the knife in his mouth/ He was naked/ And the moon/ Was a dead man floating down the river."

"Frank wrote in episodes of intense focus, where he hardly ate or slept," says Stanford's widow, Ginny Stanford, a celebrated painter whose work hangs in the National Portrait Gallery in Washington, D.C. "After a year or so of abstinence, he started drinking. He handled it OK for a while. But at one point in 1975 or 1976, he went out of control, into a state I would now characterize as manic, and then crashed into remorse and despair."

**OFF THE PAGE**, in public, Stanford rarely let his dark streak show. He was too much the genteel southerner, and most people remember him as charming. "He had this sexy thing, and he had a brilliant mind," says Lucinda Williams, who at age 24 had a brief flirtation with Stanford, unaware that he was married. "He was sweet."

In 1975, Stanford struck up an affair with C.D. Wright, a poet in Fayetteville. They co-founded Lost Roads Publishers, a poetry press, and moved into a house in town. Stanford lived there during the week, telling Wright that his marriage to Ginny was merely spiritual, a sexless union of two mystic artists. On weekends, he drove home to his wife, who lived on a farm 70 miles away, in southern Missouri. He told her that his relationship with Wright was platonic and entirely professional and that he needed to live in Fayetteville to get surveying gigs. "He was a chronic liar," Wright says. "He lied about everything."

Over time, however, Stanford's double life began to unravel. In one late poem he writes: "The only way a man can love two women/ Is if the two women are in love with one another/ And if they are not/ Then the man falls in love with his death."

In May 1978, Stanford traveled alone to New Orleans, where he stayed with the novelist Ellen Gilchrist and her husband. By now, both Wright and Ginny knew about his cheating, and he knew they knew. Still, he managed to hide his anxiety. "He was kind with everyone," Gilchrist remembers. "He wanted to do everything. There was a parade honoring Martin Luther King, and he rallied all the poets to go. My kids loved him. My maid loved him. Everybody worshipped him."

"But," Gilchrist adds, "he knew what he was going home to."



Stanford (left) sharing a beer with Allen Ginsberg in 1969

## STANFORD WROTE HIS FIRST BOOK WITH A HUNTING KNIFE DANGLING NEAR HIS DESK.

Distraught over his philandering, Wright had been calling him every day. Ginny, meanwhile, filed for divorce. When he got home, the two women were waiting for him together. The three of them sat in the backyard, drinking beer, and the scene was calm. "We told him what he'd done to us," Wright later told the police. "We didn't quarrel or fight."

Nonetheless, after some time Stanford went inside alone. He went first into his land-surveying office and then into the bedroom. He closed the door, unbuttoned his white dress shirt, took out a .22 double-action revolver, and shot himself in the heart — once, twice, three times — before silence fell over the house.

Yes, three shots to the heart, as confirmed by the coroner. It was an extraordinary performance, a crisp gesture, cogent and clear. It was Stanford's last poem, written in blood. ■



p: Dave Trunmore

# SMITH



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# Health & Fitness

COLOGNES WITHOUT CHEMICALS + THE NEW RULES OF RUNNING + LAIRD HAMILTON: SLOW DOWN, GET STRONG



The sole of the foot contains 200,000 nerve endings.

## Fix Your Feet

With 20 muscles that stabilize, strengthen, and provide explosive power to your whole body, your feet are key to better performance and staying injury-free. Here's the right way to train them.

by MICHAEL FRANK



**YOU RUN TO** boost your heart rate, lift to build strength, and stretch to stay flexible. But chances are you're ignoring some of the most important muscles in your body: those in your feet and ankles.

If you're like most people, your feet have probably grown weak and inflexible — under-used, confined in shoes, and idle the majority of the day under a desk — and they're not providing the support the rest of your body needs. Something has to compensate to pick up that slack, a burden that usually falls on the back, hips, knees, and shoulders. "I get all these patients who say, 'I have chronically

tight IT bands' or 'I've always had this low back pain,'" says Chris Delehanty, director of Physiofitness, a physical therapy clinic in New York City. "You look at how they stand, and the light comes on: weak feet." This, Delehanty says, is the real source of many chronic injuries and pain.

Yet go to the gym, and the one body part you don't see people targeting is their feet. "The majority of us — even some of the most elite athletes I've trained — have little-girl feet," says Jay Dicharry, director of REP Biomechanics, in Bend, Oregon, the physical therapy lab of the U.S. Ski Team and other pro athletes. Among the problems

Dicharry regularly encounters: stiff ankles, tight Achilles tendons, toes that won't spread and bend, and immobility in the small, stabilizing foot muscles — all of these issues get in the way of reaching peak performance. "We've finally absorbed the message that to do any sport well you need a strong core," says Dicharry. "But a strong core is useless without a strong foundation."

How much work do your feet need? Dicharry suggests this test: While barefoot, try to push your big toe down as you lift the other four toes off the floor. If you can't, that's a clear sign that the muscles in your feet are not as strong as they could be, and your liga-

ments and tendons are tight. This inhibits the ability to plant the toes and push off—a basic action that affects the height of your jumps, the speed of your sprints, and how quickly you can make a lateral cut. Delehanty, meanwhile, uses this test to assess ankle mobility: Put your bare feet together and try to squat; your butt should hit your ankles. If it doesn't, your ankles are tight. "If your ankles move well, you move well," Delehanty explains.

You'd be surprised at how many people flunk those tests. "We plant our feet more than 10,000 times a day to sit, stand, and walk; make that 15,000 to 20,000 times if you exercise," says Rock Positano, director of the nonsurgical foot and ankle center at Hospital for Special Surgery in New York. "And each time our foot presses into the ground, it absorbs some 300 pounds of force." The wear and tear adds up. If that tension was in any other part of our bodies, we'd hit the foam roller, stretch, or try massage. "But when was the last time you did any recovery work for your feet?" asks Jill Miller, a movement specialist and the author of the mobility guide *The Roll Model*.

It may sound dire, but there are some easy solutions. First, go barefoot as much as possible. Kicking off your shoes and socks as soon as you walk in the door at home (or

## THE BEST SHOE FOR YOU

Do you need a flat sole or lots of cushion? It all depends on the sport.

Athletic shoe trends come and go. Five years ago, serious runners were switching to low-profile minimalist shoes. Now the pendulum has swung toward wearing a supercushioned maximalist model. What should you choose? A University of Cincinnati study this spring found that for people without foot injuries, a lighter, more minimal sneaker with a lower heel helps make feet stronger and more responsive. Transitioning

slowly, over at least three months, is crucial. "You never want to make a radical switch from your go-to sneakers to a barely-there shoe," says biomechanist Katy Bowman, author of *Whole Body Barefoot*, explaining that a sudden change can cause tendon strains and stress fractures. Minimalist also looks different depending on the activity you do. A lightweight shoe for a high-impact sport that requires quick side-

to-side cuts (tennis, for example) will still have dense foam at the sides for good lateral support. A minimalist shoe for long-distance running may also have more cushioning (though not a higher heel) to help absorb impact. And for strength training, a proper low-profile shoe will be flat and light to keep the heel anchored to the floor. Wear a new shoe only once or twice a week for at least a month, to let your feet adapt.

at your desk, if you can) will help reengage the muscles that spend the majority of the day stuffed in narrow, restrictive shoes. As for exercise, you don't need much: A 2012 study found that just a few weeks of concentrated work building mobility, stability, and strength in feet and ankles helped mend a lifetime of underuse. The training also sparked big improvements in leg drive—the kind of explosiveness you need to perform

in all sports. Small movements—standing on one foot, rising on your toes, pointing and flexing—can make a big difference, but only if you are consistent. "You'll get this right if you're doing small, foot-challenging movements a dozen times throughout the day," says Delehanty. The key, according to Positano, is making this a lifestyle. "As your feet go," he says, "so goes the health and fitness of the rest of your body." ■

## FIVE MOVES FOR FITTER FEET

Do this daily, five-minute routine to get your feet and ankles into shape.



### MOBILITY: LUNGE AND CIRCLE

With bare feet, get into a forward lunge, knee down behind you, hands on hips. Align front heel with back knee. This will cause you to wobble—the challenge is to maintain balance. With your front knee, draw circles as wide as you can. Continue 30 seconds; switch legs and repeat.



### STABILITY: ONE-LEGGED SQUAT

Stand with feet shoulder-width apart, hands on hips, barefoot. Lift one leg in front of you as you squat, pushing hips backward. Keep chest up and heel flat on floor. Go as low as you can without allowing knee of your planted foot to track in or out; return to start. Do 10 reps on each side.



### POWER AND STRENGTH: ROPE DRILL

Stand with feet shoulder-width apart, holding a jump rope. For 30 seconds, jump rope on one foot; repeat on opposite foot. For next 30 seconds, explode off toes to jump slightly higher, to turn the rope underneath you twice. Finally, hop side to side and front to back for 30 seconds each way.



### INCREASE FOOT FLEXIBILITY

Sit cross-legged on the floor, so left foot rests on right knee. Apply pressure with both thumbs to sole of foot while you point and flex toes three times. Move your thumbs to another spot on your sole and repeat. Continue until you've massaged the entire sole. Switch feet.



### EASE CALF AND ANKLE TIGHTNESS

Targeting the soleus muscle in your calf will help loosen a tight Achilles tendon. Sit with palms next to hips, right leg extended, a tennis ball underneath calf. Press palms into floor to raise hips, and roll ball from base of heel up the sides of calf. Switch legs.





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TRAINING FOR THE ADVENTURE

Photo: Kaare Iverson



# A Better Way to Smell Good

Natural scents that work with the oils on your skin offer an upgraded alternative to traditional cologne. *by* JULIA SAVACOO



**THE LAST THING** you want to be is the Cologne Guy — with a scent more noticeable than you are. Thanks to essential oils, you don't have to be. Distilled from plants, flowers, and trees, these fragrances are earthy, natural, and, best of all, subtle.

While conventional colognes are brewed in laboratories and laced with chemicals,

creating an essential is more art than science. "We backpack in the mountains, stick our noses in the trees, and when we smell something true to the place, we distill it right there on the trail," says Hall Newbegin, founder of Juniper Ridge, a wild-fragrance company in Berkeley, California.

Because they're all-natural, essential oils break down faster than colognes do and need

to be reapplied throughout the day. But because they're superconcentrated, you need only a drop on pulse points. The oils then mix with your skin's natural oils, so no two guys will smell alike. What's more, "because they're not re-created in a factory, no two batches are exactly the same; this makes an oil seem more personalized," says celebrity stylist Kristan Serafino. Here, six of our new favorites.

## KIEHL'S ESSENTIAL OILS IN MUSK

Bergamot, neroli, rose, and other oils create this musklike aroma, which isn't heavy or pungent like a typical musk. The roll-on applicator ensures you don't overdo it, too. \$26; [kiehls.com](http://kiehls.com)

## OTTER WAX SPRUCE COLOGNE SOLID

Packaged in solid form (it's made with beeswax and shea butter in addition to oils), this scent lasts a bit longer and is easy to swipe on. We liked the spicy kick from black pepper and lime oils. \$30; [otterwax.com](http://otterwax.com)

## PORTLAND GENERAL STORE TOBACCO COLOGNE

You'll smell leather, wood, and freshly cut grass, along with a touch of sweetness from bergamot and lavender oils. That last scent is proven to relieve anxiety and induce a sense of calm. \$98; [portlandgeneralstore.com](http://portlandgeneralstore.com)

## JUNIPER RIDGE MOJAVE BACKPACKER COLOGNE

This fragrance is made in small batches from the sap and oils of trees and plants in the Inyo backcountry of California's Mojave Desert. The effect: a cologne with notes of spice and sagebrush. \$60; [juniperridge.com](http://juniperridge.com)

## DR. SQUATCH DRIFTWOOD COLOGNE

A range of oils — oak moss, myrrh, almond, and sandalwood — combine to smell like grasses, moss, and the ocean. This is the subtlest scent we tried; it's ideal for someone who usually shuns cologne. \$42; [drsquatch.com](http://drsquatch.com)

## BEARD SUPPLY DEEP WOODS BEARD OIL

The smoky, campfire scent comes courtesy of cedarwood, fir-needle, sandalwood, and birch-tar oils. It was designed to keep beards healthy and soft, but it has plenty of clean-shaven fans, as well. \$25; [beardsupply.com](http://beardsupply.com)





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# Running Made Easy

These cues will help you move more efficiently and faster — and stay injury-free. *by* NICHOLAS TABOR



**RUNNING GETS A BAD RAP.** It can wreck your knees, trigger shin splints, wear down your foot arches, and worse. Every year up to 79 percent of runners, whether hard-core or recreational, suffer an injury, studies suggest. But researchers are discovering that the real problem isn't running — it's the sloppy form we use. "The majority of runners fall into patterns that cause unnecessary strain on their bodies," says running coach and former track-and-field Olympian Grant Robison. He offers a laundry list of errors: Our strides are too long; our shoulders slouch or our torsos are too upright; we land improperly. Plus, our posture and motions can be haphazard, so we're inefficient and tire quickly.

Which is why Robison boiled down the ideal running form to a simple plan. Called GoodFormRunning, it's a checklist of tips to improve posture, stride, and body position that Robison created with help from exercise physiologists, trainers, and coaches. The program, originally taught at Playmakers, a specialty running store in Michigan, became so popular that in 2010 it caught the attention of New Balance. The athletic-shoe company now owns the program and dispatches Robison to running stores all over the world to teach it. Sports doctors are also onboard with the protocol. "The form checks can reduce strain on the hamstrings, calves, Achilles tendons, and lower back," says Dr. Jeffrey Kovan, director of sports medicine and performance at Michigan State University. "When people use these tips, they improve their speed, boost their endurance, and enjoy the sport more."

Nailing the proper form, Robison says, begins before you take a step. Do this basic posture check first: Stand with your feet shoulder-width apart, and raise your arms directly overhead, keeping your gaze level and knees soft. This ensures your spine, hips, and feet are aligned. (Recheck this periodically during your run.) Then follow the four tips at right. ■

## THINK ABOUT YOUR ARM SWINGS

→ Keep elbows in and bent at a 90-degree angle. Swing arms casually straight back, and never allow them to cross your midline. Don't squeeze your fists. Wild arm motions and tense muscles drain your energy.

## LEAN A LITTLE

→ Tilt about 10 degrees forward, and the force of gravity will help propel you to the next step. Lean from ankles, not hips, so your back stays straight.

## CHECK YOUR LANDING

→ Aim for the ball of your foot to hit the ground, rather than the heel (which increases strain on the knees) or toes (which wears out the calves). Try it first while walking in place, then in a slow jog.

## SHORTEN YOUR STRIDE

→ The farther your foot lands in front of you, the harder the body works to stabilize; this strains muscles, slows you down, and makes you feel tired sooner. To dial in your stride, aim for a step cadence that gets you at 28 to 30 steps in 10 seconds. (Count them out to check.)







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# ***THE LONE GRIZZLY***

## ***ENDURANCE RIDER **URS PEDRAITA** PREPARES TO TAKE ON THE WORLD***

**T**he Siberian Taiga has been called the greatest of Earth's wildernesses. It's 3,600 miles stretch from the Ural Mountains to the Pacific Ocean. **Urs Pedraita** aka "Grizzly Grisú" was the first man to cross this frozen forest on two wheels during a 9,000 mile, 37 day round trip trek from Bern, Switzerland to Vladivostok, Russia. Now he's gearing up for an even bigger accomplishment — to set the record for the fastest circumnavigation of the globe by motorcycle. Men's Journal and Victory recently caught up with Grizzly during Daytona Bike Week to find out what inspires this endurance rider to keep breaking boundaries.

**What inspired you to start riding motorcycles?**

I started riding motorcycles because of the freedom and the ability to just go where you want to on your own.

**How many countries have you visited on your motorcycle?**

I have visited over 80 countries on my motorcycle.

**What was your first endurance ride?**

I started from Switzerland and rode across to Siberia in the winter. It was very cold and a very long trip.

**What were some of the challenges you faced on that ride?**

The biggest one was the wolves and animals that followed me while I was on the bike. In Siberia I was riding in 30° below freezing and was being followed by a pack of wolves that I could only scare away with my exhaust.

**How do you prepare and what do you bring along?**

So far I have trained in Morocco and Norway. This year I'll be training in Russia, Siberia, and countries in Africa including Kenya. I'll be training myself to get into a sleep/wake rhythm.

I also have to prepare to travel with the bare minimum. The most important items to bring are two credit cards, a navigation device and one spare outfit. Rain gear and a tire-fixing kit are also must haves.

**Why ride a Victory?**

My friend Jürg Knapp "Bulldog" introduced me to Victory. He was the first to ride one in Switzerland. This motorcycle is perfect for endurance riding because of its low center of gravity. It enables me to go anywhere.

**If stranded,  
how long  
can you survive  
with what  
you have on  
the bike?  
-5 days**





**How do you handle long days on the road and the endurance of it?**  
Concentrate on your goals and stay focused until you reach them.

**What has been your favorite ride?**

The most beautiful ride I ever took was through Alaska down to the Canadian border. I was alone in nature with the animals like bison and bears. The animals came up to 300 meters close to me especially at night.

**What has been your most exciting endurance trip?**

The most impressive to me was from China to Russia. Lots of military check points so I was stopped often and questioned by the military. It created lots of excitement. I even was detained in Russia. The situation got really tense with the Russian Military.

**How do you deal with extreme cold and hot weather?**

I prefer the cold. I can put on cold weather gear because I simply like to wear it. I suffered a lot in Texas at 40° centigrade (104° F)

**Why try and beat the world record?**

Reading a book by a record holder for the fastest world navigation inspired me. I wanted to beat it.

**What is the record?**

The current standing record is 120 days and 2 hours to go through all continents of earth, and I am out to beat that.

**How does it feel when you reach a goal?**

It is an exciting feeling when you reach your goal, it feels like you own the world. It's unbelievable.

**Do you have a special reward?**

Is it stiff drink or a hot bath? Sleep, have a nice nap, naturally a Jack Daniels and if possible relax in a nice spa.



**GRIZZLY'S GEAR →**

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# Slow Down, Get Strong

Good technique yields faster results than increasing weight or reps.



**IT'S TEMPTING** to focus on numbers when you work out. How many consecutive pushups did you do? How much weight was on that bar? But simply upping the numbers won't get you stronger if you don't pay attention to something a bit harder to quantify: range of motion. Did your chest hit the ground on those pushups? How low did you go in that squat? I think a single rep of any exercise completed through full range is worth three cranked out half-assed. Yet I see people cheat the most basic exercises, trading quality for quantity. Here is how to maximize range in the moves we short-change the most. Do these right, and you'll see far faster gains in strength.

## 1. Negative Pullups

You've probably seen guys do pullups keeping their elbows bent and bringing

only their eyes above the bar. Those aren't pullups. Proper ones start in a dead hang with elbows locked, and end with the neck even to the bar. To get the strength for that, try negatives. From the top of a pullup, slowly lower yourself down; take 10 seconds to do it. This keeps your lats, traps, and rhomboids under tension longer, and strengthens them faster.

## 2. Stretches for Squats

A squat ends with your butt at your heels. If you're not dropping lower than your knees, you're doing half a squat. Because of tightness in our hip flexors, quads, and ankles, many of us can't hit full the range of motion. If you're stuck halfway, loosen those muscles with ankle circles, pigeon pose, and quad stretches for five minutes daily.

## 3. Pushup Ladders

If you're banging out 20 pushups at a time, you're either a pro athlete or you're doing them wrong. On each rep, your chest should hit the floor while your back stays straight and your hips lifted, and your elbows should lock out at the top. The best way to enhance your ability to hit full range for multiple reps is to practice shorter ranges in a ladder progression. Start at the top of the pushup, go a quarter of the way down, come back up. Repeat, this time going halfway down. Then do a full-range pushup, another half, and another quarter. Try five of these at a time, and you'll improve your range of motion while also increasing the volume of work you do — two automatic ways to boost your strength. ■



### THE BODY LAB

## 3 MOVES TO BETTER WORK YOUR CORE

I always tell my pro athlete clients that the easiest way to boost their performance is to focus on the core. Strengthen the dozens of muscles there, and nearly

anything you do — whether it's sprinting, hitting a ball, lifting weights — will be done with more power and fluidity. This series of exercises are aimed at the abs, lower back, and obliques. Perform them at least four times a week. Within a month, most of my clients notice a big difference.

### 1. Plank Pikes

This juiced-up plank challenges your rectus abdominis — the six-pack

muscles. Get in plank position with feet together on a towel, hands under shoulders, back flat. Slowly pull feet toward hands, hiking hips. Reverse back to plank, and repeat. Do 15 reps.

### 2. Standing Bird Dogs

This exercise fires your lower back muscles and improves balance. Stand with feet shoulder-width apart, arms at sides. Hinge forward from the waist,

reaching your right arm straight out while extending your left leg behind you, until your leg, back, and arm are parallel to the floor. Return to start; repeat on opposite side for 1 rep. Do 2 sets of 10.

### 3. Twisting Crunches

This is one of my favorite moves to work the obliques. Lie faceup with hands behind head, shoulder blades lifted off the floor, knees tucked in

toward chest. Blow out air slowly to glue your lower back to the floor. Drop your knees to one side as you twist your upper body in the opposite direction (you should feel this in your sides, not neck and shoulders). Repeat on the opposite side. Do 12 reps.

*Chicago-based physical therapist David Reavy works with NFL and NBA players and everyday guys.*



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# Health News

This month's most important research discoveries, updates, and advice.



## New Dangers of Drinking Soda

You know cola is loaded with chemicals and sugar, but a new report suggests it may contain something worse: a carcinogenic compound called 4-methylimidazole, or 4-MEI. This synthetic additive is in almost all dark-colored sodas, and research from Johns Hopkins found that regularly drinking those colas — both diet and regular — may raise your cancer risk. Researchers say that a single 12-ounce serving can contain as much as 353 micrograms of 4-MEI. How bad is that? The FDA has no guidelines, but California passed a law requiring that any product with 29 micrograms of the chemical must carry a cancer warning. “California looked at the evidence and decided to regulate because of it,” says study author Keeve Nachman. “The federal government should cap 4-MEI limits so consumers don’t have to assess the risk.”

### Saunas Can Have the Same Effect as Exercise



Next time you're at the gym, save 11 minutes for the sauna. In a Finnish study of 2,300 middle-aged men, those who sat in a sauna that length of time twice a week were 23 percent less likely to die of heart disease. “Saunas mimic exercise in that they make your heart rate go up,” says Paul Thompson, chief of cardiology at Hartford Hospital in Connecticut. Heat puts stress on the body, he explains, and the body responds by getting stronger. “Your blood vessels dilate and your blood pressure falls,” he says. The same isn't true of the steam room, though. The high moisture and lower temps don't tax the body as much.



## Drink More Coffee to Protect Your Heart

A recent study of more than 25,000 people found that those who drank three to five cups of coffee per day had 41 percent less calcium buildup in their arteries — an early sign of cardiovascular disease — than non-coffee drinkers. The study follows a number of others showing that moderate coffee consumption offers real benefits: protecting against multiple sclerosis, melanoma, liver damage, cognitive decline, and even cancer. Cap your daily intake at five cups; any more risks increasing blood pressure.

## The Best Fish to Eat

A guide to avoiding high levels of mercury.

### EAT OFTEN



WILD SALMON  
CATFISH

BLUE CRAB  
BAY SCALLOPS

### EAT OCCASIONALLY



HALIBUT  
CANNED TUNA

LOBSTER  
YELLOWFIN TUNA

### AVOID



SWORDFISH  
ORANGE ROUGHY

KING MACKEREL  
TILEFISH

SOURCE: Oceana

## E-Cigs Are As Bad as the Real Thing



New research from the *New England Journal of Medicine*

reveals that e-cigarette vapor can contain formaldehyde at levels up to 15 times greater than regular cigarettes. “It has the potential to distribute deeply into the lungs and collect there,” says lead researcher David Peyton. What's more, e-cigs may not even help you stop smoking, says Roy Herbst, chief of medical oncology at Yale Cancer Center. “These devices deliver such high concentrations of nicotine that they can get people very addicted,” he says.





# Ask Dr. Bob

Our in-house doc answers your questions about health, fitness, and living adventurously.

## MEAL PLAN

**I go for a run first thing, but I don't eat beforehand. Should I?**

That depends. If it's a few miles, take a swig of a sports drink before you head out to help keep blood sugar steady. Anything longer than 30 minutes, though, and glucose levels can take a real dive, causing you to lose power and speed. To stop that, all you need before you go is a small snack with complex carbs. My go-to for even, sustained energy is a small bowl of microwave oatmeal with a sprinkle of chia seeds.

## SUPPLEMENT UPDATE

**I take fish oil to better my blood pressure, but I can't find a consistent recommendation on the dose. How much should I take?**

First and most important, if you're on a prescription to lower blood pressure, consult with your doctor about taking fish oil; a high amount of omega-3s in addition to your meds can cause blood pressure to dive dangerously low. If you're not on medication and want to help keep blood pressure in check, a daily dosage of 2,000 milligrams is ideal. A review of 70 omega-3 studies found that this amount can help significantly lower systolic and diastolic pressure.

## TRAINING TIP

**I get leg cramps out of nowhere when I exercise. What's up?**

For decades, some experts believed that muscle cramping during exercise was caused by dehydration. But new research indicates that the source of cramps stems from two other problems. The first is losing electrolytes, and primarily sodium, from ex-

tensive sweating. Here, prevention is easy; all you need is a bit more salt in your diet. The second is working out too long or too intensely. I can vouch for this one. A few winters ago, I was putting in constant 15-mile ski days to train for the Stowe Derby, a grueling downhill race, and I started suffering leg cramping. I ignored it, and to my detriment: The cramps led to a crash. Don't make my mistake. If you're logging long, hard miles, schedule rest days, try massage, and dial back your intensity.

## NUTRITION SMARTS

**I like orange juice from the carton, but my wife says I should eat the whole fruit. Who wins?**

The OJ may actually be healthier. To be clear, in most cases your wife would be right — a whole food is almost always healthier than the processed version, which often contains added sweetener and fillers. But what makes orange juice different is its bio-availability, or how easily your body absorbs its nutrients. New research shows that it's easier to absorb vitamin C and carotenoid — two nutrients associated with lowering your risk of cancer and cardiovascular disease — through drinking pasteurized orange juice than by eating the whole fruit. A caveat: Buy brands that say "100 percent juice," and check that oranges are the only ingredient listed on the label. Otherwise you're likely drinking juice loaded with sugar, which cancels out the health benefits your body gets from absorbing more nutrients.



A cup of OJ can contain three oranges.

**THE DOC IS ONLINE** Email your questions for Dr. Bob Arnot to [dr.bob@mensjournal.com](mailto:dr.bob@mensjournal.com).

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ADVENTURE 2015

# WANDER HARDER

Eight Trips That Will Test Your Limits, Open Your Mind,  
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Adventurer  
Gerry Moffatt  
speeds across the  
Tibetan plateau  
during a 108-day  
journey through  
the Himalayas.



PADDLING  
MOLOKAI'S  
LOST COAST



HIKING  
JAMAICA'S RASTA  
HIGHLANDS



FISHING AND  
SURFING IN  
ALASKA



EXPLORING  
UTAH'S DESERT  
WILDERNESS



DIVING CUBA'S  
UNTOUCHED  
COAST





ADVENTURE 2015

# PADDLING HAWAII'S LOST COAST

**NORTH SHORE, MOLOKAI**


BY DANIEL DUANE + PHOTOGRAPHS BY MICHAEL TUREK

**M**

olokai gets fewer visitors than any other Hawaiian island, and not because it's any less spectacular. A lot of it has to do with Molokai's locals, some of whom are so protective of their rural Polynesian way of life that they've fought off virtually all tourism development — most famously in 2008, when local activists pushed the island's largest employer to shut its hotels, restaurants, and golf course and get off Molokai entirely. + The island's physical landscape is similarly intimidating, especially the mostly unpopulated north shore — a 38-mile stretch where 2,000-foot-high cliffs soar up from the surf, and rocky beaches are battered by 50-foot waves during winter storms. Just one lonely road dead-ends out there, and the only place to turn if you need help is a century-old leper colony that strictly forbids drop-in visits.







+

Paddling off  
Wailau Valley,  
home to some of  
the tallest sea  
cliffs in the world





My buddy Mike Litter, who races outrigger canoes in San Francisco, and I planned to spend two days paddling that north shore. Some of his Hawaiian contacts were setting up the trip, and neither of us knew what to expect. As we dragged our luggage to what must be the only airport curb in Hawaii without a single hotel shuttle bus, we saw eight people waiting for us — and they were probably the fittest, tannest, most muscled human specimens I've ever encountered.

"Could that possibly be our crew?" I asked.

A sleepy-eyed and broad-shouldered man approached. He introduced himself as Johnny Puakea. Among paddlers Puakea is a legend — a designer of cutting-edge, carbon-fiber racing boats, and an elite outrigger coach. When planning our trip, Litter had called Puakea to ask for advice. His response: "North shore Molokai? Never been. Once in a lifetime. Can I come?" Puakea called Jimmy Austin, a champion paddler whose family has owned a big Molokai ranch since the 1850s. Austin's response: "Wow, even I've never paddled back there. That's once in a lifetime. But we got to talk to the right people, make it OK." I later learned that Molokaiians depend so much on fishing for food that nobody camps on the north shore without assuring the right people they won't be poaching any protein.

Puakea and Austin took over the planning. They'd shared few of the details, which explains why Litter and I had no clue that we would be joined by a crew of elite paddlers from Honolulu and Molokai. There would be just one novice: me.

Puakea tossed our bags into the truck, and we took off. An hour later, we helped carry a 45-foot, six-man Puakea canoe (retail price: \$19,500) into the shallow, warm water at Halawa Beach Park, at Molokai's far eastern end. We loaded



Camping on the beach at Wailau, population one

food and camping gear into a fishing boat owned by a weathered and wiry Molokai local named Bozo Dudoit, who would shadow us and allow paddlers to rotate shifts, a standard practice in long outrigger races.

We were about to set off when a barefoot stranger ran out of the trees. He saw me and started screaming, "Who's the leader? You? Those beaches where you going — you tell me right now. No diving! No fishing! No exploiting!"

Dudoit pulled the stranger aside, talking fiercely, reassuring him until both men nodded and shook hands.

Puakea beckoned me into the canoe seat in front of his, and we started paddling, moving with the integrated precision of a rowing crew but at twice the paddling cadence while constantly alternating sides. I struggled to keep up as we left Halawa Bay, coming around a rocky

bluff called Hinalenale Point. Yosemite-size cliffs came into view, laced with dark patches of jungle and cut vertically by pencil-thin waterfalls that rained down onto narrow slivers of beach.

An outrigger, I soon learned, isn't much like a standard canoe or kayak. Modern carbon-fiber versions, like ours, ride high and lightning fast over the surface, like a giant ice-skate blade. A big part of the fun is chasing and catching waves as you go. We'd been paddling for more than an hour, and my back and shoulders were beginning to seize up, when Puakea called out a wave approaching. "Okay, walk it in, walk it in!" he said. Our pace slowed, and then Puakea gave the command: "Now!" We attacked the water with all we had.

The giant hull surged forward as the wave lifted our stern and pointed our bow down into the blue trough. The canoe barreled down that blue slope like a giant surfboard. I was trembling with exhaustion when we finally stopped two hours and 11 miles later.

Our campsite was located where the pristine Wailau Valley cuts an opening in those north shore cliffs. As we hauled the canoe onto a beach composed of black cobblestones, an unusual-looking man emerged from a driftwood shanty. He appeared to be in his mid-fifties, was rail-thin and deeply tanned, and wore the sun-bleached clothing of a real-life Robinson Crusoe. Dudoit addressed the guy as Uncle Mike. He helped us ferry coolers of meat and beer from the boat







After two days and 40 miles, the journey ends at Kephui Bay.



Hayden Ramier, an up-and-coming pro paddler from Oahu, digs in.

## Three More Molokai Adventures

BEYOND THE NORTH COAST, THE ISLAND OFFERS A LOT MORE TO EXPLORE.

**SUP** Molokai's south shore has the longest continuous barrier reef in the United States, which blocks big waves and creates calm, clear water that is ideal for standup paddling and snorkeling. Molokai Outdoors offers tours and rents gear (877-553-4477).

**HIKE** The trail to Kalaupapa, Molokai's infamous leper colony, drops approximately 1,700 vertical feet in just over

three miles, with 26 switchbacks cut into a steep and rocky slope and views that are staggering. By permit only (*Damien Tours, 808-567-6171*).

**CHILL** On Molokai's west end, Papohaku Beach offers almost three largely empty miles of pristine white sand and blue water, with stunning views of the dormant Diamond Head volcano on Oahu, across the Molokai Channel.

to a neighboring shanty made of bamboo poles that supported a plastic tarp roof over four picnic tables.

Austin ignited a beach bonfire, and one of the Honolulu paddlers cooked a big chicken dinner. When it got dark, Puakea strummed a guitar — he jams occasionally with Jack Johnson — and Uncle Mike burned a giant spliff. He said he'd first come out to this beach in 1979 with his young wife. They'd raised three children on the beach to kindergarten age before she and the kids returned to the south shore. Uncle Mike stayed, and his now-adult children still visit. It was such a secret paradise, so utterly unlike the other Hawaiian islands. I could understand why the locals preferred to keep the outside world at bay.

A light rain started, then became a downpour. Uncle Mike returned to his shanty, and Puakea, Austin, and the rest

of the crew inflated air mattresses. Litter and I slept atop the picnic tables, the rain rattling the tarp overhead.

The next morning dawned clear. As we got our gear together, I asked Puakea what was more important, paddling in sync or paddling hard. Puakea got a wry look in his eyes. "Dan," he said, "one guy out of sync wrecks the rhythm. Everybody feels it. Everybody knows who it is."

That thought haunted me as the crew paddled harder than ever, hammering through wave after wave as if in an all-out race. Wind tore across the stern, and the boat surged and sank as we chased down wave after wave. The steersman noticed a wave approaching. The crew attacked the water while the stern lifted, and we began gliding on the swell. Suddenly, the guy up front screamed, "Rock! Rock! Stop!" Just yards ahead, a sharp chunk of black lava broke the ocean's surface. "Left! Left!"

the steersman shouted. I paddled hard on my left, but the steersman, catching my rookie error, yelled, "No, on your right! Right!" We missed the rock by inches and slipped into open water.

A few miles later, we rounded the island's western tip, our journey complete. We carried the boat onto the deep sand at Papohaku Beach, where an old Molokai Ranch resort was half-boarded-up. A few timeshares must have been open, because several lonely people hung out by the swimming pool. Wild turkeys waddled around the overgrown crabgrass lawn. We had dinner back at Austin's ranch house, where the dining room was decorated with old canoe paddles and cowboy hats. Through the window we could see feral pigs foraging in the garden and heard, somewhere out in the forest, wild deer barking — yes, barking — late into the night.





# EXPLORING A HIGH-DESERT WILDERNESS

**DEAD HORSE POINT, UTAH**

BY JESSE WILL

**I** had just driven seven hours from Las Vegas and figured I'd left its bright lights behind. But as night descended on Dead Horse Point, deep in the Utah desert, it seemed as if those lights had followed me. Green sparks showered overhead, as a fireball meteorite illuminated the night sky and the shrubby mesa surrounding me. I'd come to Dead Horse Point State Park to mountain bike and hike. I also was seeking silence. I arrived in late January, and it was just before dusk when I located my yurt — one of three recently built a few hundred yards from a 2,000-foot drop-off overlooking a gooseneck in the Colorado River canyon. I was just a few miles from Canyonlands National Park and gawking at the same striated sandstone panorama. But not a soul was in sight. The only thing I could hear was my own breath.

In his 1968 classic, *Desert Solitaire*, Edward Abbey called the vistas near here “a vastness opening like a window onto eternity.” I soaked up the star-drenched sky until the desert cold pushed me inside. Abbey, an ascetic park ranger, surely

would have laughed at the canvas structure's luxury. Outside, it has a wraparound deck and gas grill; inside, there's comfortable space for six, as well as electric lights and even a gas fireplace. When I awoke the next morning, no part of me wished I had spent the night on hard ground.

Dead Horse Point is 32 miles from the mountain-biking hub of Moab, where I'd rented a bike the day before. I was eager to explore the park's 17 miles of trails, which turned out to be nothing like the technical roller-coaster rides near town. Instead, the looping singletrack here gently traverses

slickrock, sandy washes, and fields filled with ephedra and sagebrush. But they're no less thrilling — if only for the fact that there's a million-dollar panorama around every turn and no people: I rode an entire day eyed only by ravens.

Legs cashed, I drove down to a Moab roadhouse and had a burger and a cold beer before returning to the silence and splendor of my yurt. As I plugged my phone into one of the electrical outlets, it occurred to me that this wasn't quite the desert *solitaire* imagined by Ed Abbey — but it was solitary enough for me.

## TO DO THIS TRIP

**WHERE TO STAY** Yurts are \$88 a night or \$617 a week. There are no showers; a shared restroom is a short walk away. Standard tent campsites are also available, for \$28 a night, though they're less secluded than the

yurts ([utahstateparks.reserveamerica.com](http://utahstateparks.reserveamerica.com)).

**WHEN TO GO** The park is open year-round, but it's best to go in spring and fall, when temperatures are mildest. Visitor numbers peak in June and are at their

lowest during December and January.

**OUTFITTERS** Moab's Poison Spider Bicycles rents bikes and racks and offers trail maps. A full-suspension Trek 29er goes for \$50 a day ([poisonspiderbicycles.com](http://poisonspiderbicycles.com)).



Yurts are equipped with gas grills and a fireplace.



THIS PAGE: BRETT EDGE; OPPOSITE: KEN HOEVE





"The river never lets up," says Ken Hoeve, paddling Class III rapids on the Colorado River near Glenwood Springs.

# RUN A RIVER, ON TWO FEET

**GLENWOOD SPRINGS, COLORADO**

BY JAYME MOYE

**T**he river picked up speed, sucking me into the churn. I pulled my paddle hard through the water and braced myself. This was only Class II whitewater, but my heart was pounding at a Class V rate. That's because I wasn't in a raft, or even a kayak — I was balancing on a standup paddleboard.

Whitewater SUP got its start in mountain towns out west, when professional kayakers took a cue from surfers and started experimenting with standup boards. "It's like walking on water," says Ken Hoeve, a Colorado resident who traded professional kayaking for professional standup paddling. "Once you try it, you're hooked."

Manufacturers now design boards specifically for rivers — they are wider and more buoyant than standard SUPs, with decks built to shed water and allow for easy resurfacing in rapids. Elite paddlers like Hoeve, clad in helmets, life vests, and body armor, run dangerous Class IV whitewater on these boards — the paddling equivalent of surfing Pipeline or Jaws. "Except that in the ocean, the waves come in sets," Hoeve points out. "The river never lets up."

My maiden voyage was along a mellow section of the Colorado River about an hour west of Vail and deep enough so that rocks

were not a concern. Sean Glackin, owner of Alpine Quest Sports in Edwards, Colorado, had assured me that I didn't need previous river-running experience; it's more important, he said, to be reasonably fit and comfortable in the water. I moved quickly from practicing basic paddle strokes in flat water to maneuvering through a slow section of the river before graduating to a three-mile stretch with sections of Class I and II whitewater.

Having paddled SUPs in reservoirs and lakes, I didn't find the moving water too difficult. The rapids were another story. One minute I was on my feet, jockeying with the water for control; the next, sailing off the tail end of the board. I hit the water backside first, legs skyward. I swam for the board, which was attached to my ankle via a specialized leash that breaks away if caught on rocks, and heaved myself up, paddling on my knees until the river grew calm again.

A river is different when you're standing up. You feel its ebb and flow through the soles of your feet and have a better vantage point to read the current, spot rocks and eddies, and take in the scenery — until the water starts to churn again.

At the final stretch of rapids, everything clicked. With the paddle wedged into the waves for extra balance, plus a deeper bend in my knees to absorb the surge, I danced through the whitewater. The rush was far superior to the one you get while sitting in a boat; the same feeling you experience when you stand up on a surfboard after years of boogie boarding. At the take-out, I was truly stoked — and ready to go again.

## TO DO THIS TRIP

**WHERE TO STAY** Glenwood Hot Springs Lodge is across the street from the world's largest hot springs pool. Rooms include unlimited access to the springs ([hotspringspool.com](http://hotspringspool.com)).

**OUTFITTER** Alpine Quest Sports offers daylong river SUP lessons from \$139 ([alpinequestsports.com](http://alpinequestsports.com)).

**LEARN MORE** The American Canoe Association has a list of certified whitewater SUP instructors ([americancanoe.org](http://americancanoe.org)).





ADVENTURE 2015

# SURFING AND FISHING OFF THE GRID

**YAKUTAT, ALASKA**

BY KITT DOUCETTE +  
PHOTOGRAPHS BY  
CODY DOUCETTE



**Y**ou can't drive to Yakutat. The town, about 200 miles northwest of Juneau, is walled in by the dramatic Wrangell and St. Elias mountains, which soar some 18,000 feet straight

out of the Pacific, so you can get there only by boat or plane. But while Yakutat may be remote, with only 700 people, it has a massive airport — a relic of its days as a staging area for the Pacific fleet during World War II — that is served by daily flights from Anchorage, Juneau, and Seattle. It just may be the most accessible faraway place in North America.

My brother Cody, our friend Johnny, and I flew there last September. The plan was to spend two weeks fishing salmon-stuffed rivers, surfing the region's surprisingly good waves, and generally getting as far away as we could. That is not difficult to do here. Yakutat is surrounded by inlets, islands, and fjords that beg to be explored, with miles of untouched beaches that are home to tons of bald eagles, otters, and sea lions, and grizzly bears that can reach 8 feet tall — who, we were pleased to discover, seemed perfectly fine with sharing all those fish.



## ICE SCULPTURE

The Hubbard Glacier is one of the largest in North America. One day, while fishing for halibut, we saw school-bus-size chunks of ice crack and break away, crashing into the steel-gray water. We made sure to grab some small pieces to chill our cocktails that evening.



## FISH STORY

Silver salmon fight hard and are known to jump, shake, and use the many logs and snags in a river to toss your hook or cut the line. I fought this 18-pound beast for more than 15 minutes before finally getting him into the boat.







## DAILY CATCH

The rivers brim with silver salmon in fall, but fishing here is tightly regulated: Depending on where you are, you can keep just two to six fish a day. The Yakutat Lodge, our home base during our two-week stay, has a small fish-processing plant on-site. So after we cleaned these coho salmon, we flash-froze the fillets in vacuum-packed bags and sent them home. Between the three of us, we shipped more than 100 pounds of salmon, enough to stock our freezers.



## SURF CITY, ALASKA

The waves at Khantaak Island are no joke. “The wind blows offshore,” said Charlie Russell, a friendly local who turned us on to the spot. “A couple of point breaks and cobblestone reefs rival the best waves in California — with nobody around for miles.” True enough: We never saw another surfer, unless you count the sea otters. Despite being so far north, the water was a surprisingly mild 54 degrees, about the same as the air temperature.



## FAT AND HAPPY

A male Steller sea lion, along with his harem of females and young pups, awakens from a nap on the rocks across the bay from the Hubbard Glacier. Steller populations are falling worldwide but continue to thrive in southeast Alaska. Males can grow to 10 or 11 feet long and weigh up to 2,500 pounds.



## TO DO THIS TRIP

**GETTING THERE** Alaska Airlines ([alaskaair.com](http://alaskaair.com)) provides daily flights to Yakutat from Anchorage, Juneau, and Seattle. The ferry from Juneau arrives once every two weeks or so, but the schedule changes, so it's best to check with the Alaska Marine Highway System ([dot.state.ak.us/amhs](http://dot.state.ak.us/amhs)).

**WHERE TO STAY** The Yakutat Lodge offers a four-day package — including

food, lodging, and access to boats and a guide — for \$1,349 per person ([yakutatlodge.com](http://yakutatlodge.com)).

**OUTFITTERS** Get rods, tackle, bait, and waders at the Situk River Fly Shop ([situk.com](http://situk.com)). Arrange custom fly-out adventures to the nearby rivers through Yakutat Coastal Airline Charters ([flyyca.com](http://flyyca.com)). Surfers can rent boards and wetsuits at Icy Waves ([icywaves.com](http://icywaves.com)).



## HOME AWAY

The Yakutat Lodge is owned by former Alaska state senator and hunting guide Ken Fanning. On one unforgettable day, we loaded our surfboards and fly rods into Fanning's Cesna 182, retrofitted with huge balloon tires, which flew us 25 miles to Italio Rivermouth, a deserted beach where we fished and surfed until the plane returned to pick us up at dusk.







Trails through the mountains were first carved by escaped slaves in the 1600s.

# HIKING THE RASTA HIGHLANDS

BLUE MOUNTAINS, JAMAICA

BY JASON FINE

**A**t sunrise we turn off the main highway, leaving the rocky, emerald coastline and winding through overgrown forests of cacao and sugarcane. For the past week, my buddy Johnny and I have kicked around the deserted beaches and rum shacks of Jamaica's remote northeast coast, far from the land of reggae cruises and honeymoon resorts, so we are

not strangers to the island's small towns and hidden charms. But we're also unprepared for this. It's as if we've suddenly entered another Jamaica — someplace wilder, mystical, haunted. Trade winds snap at the bamboo and coconut palms. Two-hundred-and-fifty-year-old stone churches crumble into the hillsides. As we approach the shabby hot-springs mecca of Bath Fountain, a shirtless Rasta on horseback rides slowly down the center of the road, as if time still moves at an ancient, unmotorized pace.

Up ahead, the gnarled, near-vertical peaks of the Blue Mountains rise out

of the morning mist, majestic but also menacing. "Up here is hills and jungles and rivers — natural life," says Eddie, a friend of Johnny's who runs a coconut stand down the coast in Port Antonio and who offered to guide us on a trek where few nonlocals go. "The place wi goin' a different kinda place, mon."

The plan was to hike for two days over the John Crow and Blue mountains, which form a jagged spine across the eastern part of the island, retracing trails first carved by slaves who escaped from Spanish plantations in the 1600s. Johnny, a sailing captain and Steinway piano technician, had



"Di wile bunch," from left: Ronald, the author, Ainsley, Eddie, and Johnny

wanted to explore these jungles since he was a kid, when his Portuguese grandfather, who grew up in Jamaica, regaled him with tales of the island's rugged backcountry. "Those stories stuck in my mind," says Johnny. "And I knew those mountains really hadn't changed at all."

Eddie grew up in Beacon Hill in the parish of St. Thomas and first crossed these mountains in a basket on top of a donkey as a toddler. He's 43 but looks 25, rock-hard, wearing a sleeveless red jersey and rubber rain boots, with a spliff almost always dangling from his broad, easy smile.

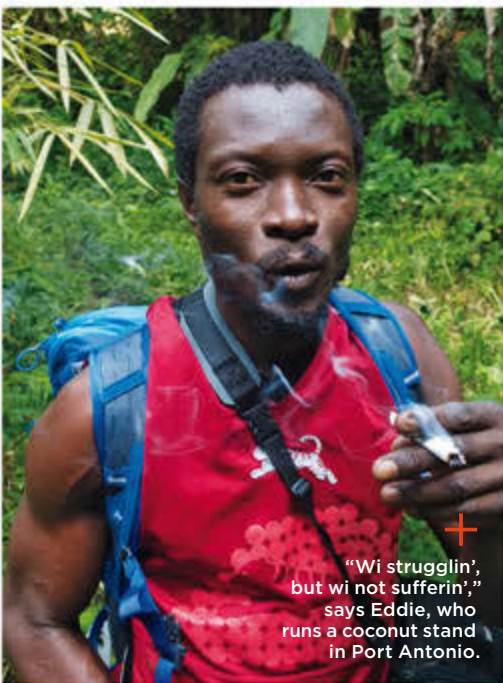
For the journey, Eddie recruited his brother-in-law, Ainsley, 60, a village elder who's drinking a Guinness when we arrive at 7 AM, and Ainsley's son, Ronald, 32, blasting dancehall reggae from his phone and chewing on sugarcane. (These two guys also look far younger than their years, and Ainsley claims it's rare for anyone in Beacon Hill to die before the age of 90. The oldest woman in town, who'd operated a cigarette stand, passed away recently at 116.)

FROM TOP: J. FINE; JOHN O'BRIEN





Camping at Four Feet, deep in the jungle



"Wi strugglin', but wi not sufferin'," says Eddie, who runs a coconut stand in Port Antonio.

We meet in the center of Beacon Hill, a dirt-road farm village of brightly painted shacks perched at the edge of the jungle, to collect supplies: two dozen green coconuts, cracked open and emptied into four thermoses, chunks of pumpkin, yams, salted fish, avocados, pint bottles of rum, and a large quantity of ganja, all of which we stuff into three backpacks and two rice sacks, which Ronald and Ainsley strap to their backs with bungee cords.

"Wile food, wile mountains, wile life," proclaims Ainsley with a toothless smile. "Wi di wile bunch!"

These trails were used commercially until the 1960s to haul bananas to the coast for export (the local Gros Michel variety was once the most expensive in the world) and as a trade route for locals carrying goods back and forth to market in Port Antonio before decent roads and cheap cars came to the island in the '80s. Now,

despite a government effort to promote a section of the trail known as the Cunha Cunha Pass as a tourist destination, the only people up here seem to be pot farmers, who hide their crops in the banana plantations, and mountain men like Eddie and his crew.

Preparing for the trip, Johnny and I couldn't find a trail map, so we didn't know exactly where we were going or how far. When I pressed Eddie for details, he shrugged and said, "Nice

walk, mon." This was Eddie's way. Despite having a naturalist's knowledge of these mountains, he is impossible to pin down on details like distance or the time it takes to get anywhere. "These guys don't think like that," says Johnny, who has lived in Jamaica off and on for 30 years. "They aren't on a schedule. They don't think about time that way. It's a way of life for a lot of Jamaicans who live in the country — they're deeply connected to the Earth."

In town, Eddie points to a spot on a map more than 10 miles northeast of where we're standing. "That where wi camp tonight," he says. Then he looks up at the mountains and points out the place, a plateau between two peaks. The only problem, judging from the position of the sun, is that Eddie is pointing west — a totally different direction. Johnny and I must look confused, because Ainsley chimes in to reassure us. "Nuh worries, mon," he says. "Wi almos' know every nook and cranny of the mountains." Then Eddie lights another spliff and straps on his pack. "Let's walk," he says.

The trailhead is unmarked, just a clearing of grass and dried bamboo. The path starts gently but after a couple of miles climbs and twists under a thick canopy of bamboo and cedar trees, with sudden drop-offs and stretches of muddy single-file track carved at the edge of treacherous hundred-foot ravines. Eddie, expertly wielding a machete (which these guys call a cutlass), carves footholds into the dirt to keep us from slipping; several times he anchors the cutlass in front of my boot just in time to keep me from sliding down an embankment or into a fast-moving stream.

By noon the heat is wet and intense. Mosquitoes swarm, attacking my neck and arms despite layers of deet. (At the time, late last

November, Jamaica was in the midst of a mass outbreak of the mosquito-borne Chikungunya disease, which made Johnny and me nervous but didn't seem to worry the guys in the slightest.) The trail is overgrown, almost impassable in places. Even where rangers have cut back the bamboo, they've done a careless job, leaving an obstacle course of knife-sharp, calf-high stumps. Thick, sticky vines swing from the trees, slicing at my neck and tangling around my feet. The foliage gets so dense in places that whenever I find myself in the lead, I lose the trail after only a few yards.

None of this seems to bother Eddie or Ronald or even Ainsley, who moves like a jackrabbit, nimble in his unlaced boots and dressed in an outfit that is more '80s hip-hop than hiking gear: long yellow-mesh shirt like a see-through minidress, under jeans and a red letterman's jacket with a cocked Yankees cap.

Ainsley, like Eddie, wields his cutlass with precise, effortless strikes, clearing the trail while puffing on a spliff and talking nonstop in a thick, husky patois that often breaks into laughter. I can make out little of what he says, so mostly I laugh along and mumble "ya mon" when it seems appropriate. After a while I realize that it doesn't really matter to Ainsley whether I respond or not; talking is just a way of keeping rhythm on the trail.

We stop for lunch at an aqua-blue stream, near a hillside of enormous, *Jurassic Park*-like tree ferns that have been trampled by wild boar. Eddie wanders into the forest and returns with clumps of wild ginger, cacao root, and medicinal plants, including one called "standing buddy," which he says "give you energy — good for your sex organ." (According to these guys, just about every medicinal herb has a similar purpose — a jungle full of





Viagra.) Eddie explains that many edible plants grow underground, which allows the food supply to survive hurricanes. "The land protect us," he says.

By 3 PM we reach Four Feet — a grassy crossroads with trails leading in several directions. It's an unspectacular campsite, with no breeze or views, so Eddie pushes us farther, up a steep, rocky ridge in search of a better spot, closer to water. A quarter-mile along, we emerge into a clearing where we're astonished to find the first sign of civilization all day — a large, thatched-roof lean-to, possibly built by rangers, with wooden sleeping platforms and a fire pit. After 12 grueling miles on the trail, the dirt-floor structure might as well be a suite at the Four Seasons.

Soon a campfire is blazing, joints are flowing, and synthy, X-rated reggae blares from Ronald's phone. Cooking on an open fire with food we've carried or foraged, Ronald is an inspired backwoods chef, preparing a hearty pot of coconut and pumpkin soup, which we wash down with rum.

As night falls we listen to parrots and tree frogs, and the sky lights up with fireflies, called "peenywallies." Ainsley tells stories about when these trails were crowded with United Fruit Company trucks and locals traveling back and forth to Port Antonio. After the banana industry moved to Central America, jobs dried up, and these days many people in towns like Beacon Hill subsist by tending small farms. "No retirement, no pensions, it's just survivin' in the ole way," he says.

Ainsley has nine kids, including Ronald, and 22 grandchildren, most of whom remain in Beacon Hill. "Wi live simple. It's clean, wid a breeze from di ocean, nuh car accidents or violence, not a lot a disease — yuh don't hear of cancer where wi live." "Our people, wi strugglin'," adds Eddie, "but wi not sufferin'."

Ainsley stays up most of the night, tending the fire. When I wake, at the

first blue light of sunrise, he is crouched at the edge of the forest, slicing at the trees with his cutlass like a jungle ninja. I pull on my pants and ask what he's up to. "Exercise, mon!" he says, laughing.

During the night, Ronald and Johnny got attacked by biting red ants and had to move their sleeping bags outside. I was woken at one point by a many-legged insect crawling across my forehead, which I realized was a centipede after I'd brushed it off with my boot. I mention this to Ainsley, and he asks if the bug was red or black.



A swimming hole in the Matty River, along the Cunha Cunha Pass

## TO DO THIS TRIP

**WHERE TO STAY** In Port Antonio, two deluxe hotels, Geejam and the Trident, make a great base for mountain adventures (876-993-7000; [reservations@geejam.com](mailto:reservations@geejam.com)). The Ambassadors Eco-Lodge, at the Cunha Cunha Pass Trail, has budget cabins in a rustic setting (876-462-8163).

**FINDING A GUIDE** The Trident and Geejam can arrange hikes or

overnights with guides. Our guide, Eddie Moore, can be reached at 876-320-9131. Or find him at his coconut stand, a half-mile south of the Trident Castle on the main road heading east from Port Antonio.

**LEARN MORE** The Jamaica Tour Society, run by Lynda Lee Burks, can arrange mountain trips and other travel services (876-357-1225; [lyndaleeburks@gmail.com](mailto:lyndaleeburks@gmail.com)).

"Black."

"Ya, mon!" he says, excitedly. "A real 40 legs! It can kill a donkey, mon! You lucky to be alive."

Eddie and Ronald take off into the jungle and return hoisting a giant bunch of 40 or 50 bananas, wild yam, mangoes, and more ginger. Ronald sets about making rundown, the classic Jamaican breakfast of cooked-down coconut milk with garlic, onion, thyme, and salted fish. Except for the pot, all the cooking implements are improvised: leaves woven into a strainer; the lid of a tin can poked full of holes to create a grater; bowls made

from bamboo. "No money to buy tings," Eddie says, "so wi got to be creative with what wi have."

From Four Feet, the main trail leads along the six-mile Cunha Cunha Pass, which is accessible from Port Antonio on the coast. This section is reasonably maintained, with spectacular vistas and streams spanned by wooden bridges. It's possible to hire guides to lead hikes here, and there's a funky eco-lodge at the headwaters of the spectacular Rio Grande.

As we leave camp, Eddie says that we will reach Millbank, our end point, in two hours. Three hours into the hike, he says it's "up ahead"; two hours after that we cross the Matty River, where we stop to swim and clean our muddy clothes. The rain starts after we cross the river, and it's still another hour before we approach the flat farmlands of Millbank. An older woman tending a garden watches us warily.

"Where yuh come from?" she asks. Eddie explains that we've hiked over the mountain from St. Thomas.

"My daddy used to do that," she says, then adds disapprovingly, "Why yuh do that?"

"Nature walk," says Eddie with a smile.

We drag into town wet and exhausted with one thing in mind: beer. Millbank's only bar is a tiny, unfinished concrete structure, which, like a lot of buildings in

Jamaica, is somehow being built and falling down at the same time. We order five Red Stripes, four of which the proprietor delivers warm because, he says, he hadn't been expecting customers.

"I've been dreaming of this trip forever," says Johnny, worn out but exultant. "It reminds me of my grandfather and how much he loved this island. These mountains are so old and mystical — you can really feel that being there."

"The mountain replenish you and keep you strong," says Ainsley. He raises his bottle in a toast. "Wi all be men of the mountains now."





From left: Cuba's far west has some of the clearest water in the Caribbean; climbing a steep route in the Viñales Valley.



# DISCOVER WILD CUBA

The island's untouched wilderness is one of the world's best-kept secrets. See it now before the crowds arrive.

## SCUBA DIVING

On the far western tip of Cuba is something almost unheard of in the Caribbean — a long-overlooked dive spot. At the 300,000-acre Guanahacabibes Peninsula, you can swim among hundreds of species of brightly colored sea life (yellowtail snapper, blue tangs, giant lobster) and 38 species of coral, including the treelike elkhorn, which has largely disappeared elsewhere in the islands. Due to strict government management, no industrial runoff, and light tourism, Cuba's beaches and reefs are some of the healthiest in the region. And none are more pristine than the Guanahacabibes, a remote UNESCO-designated biosphere preserve of semideciduous forest, empty white-sand coastline, and neon coral reefs. Set up your visit through the Cuba Marine Research and Conservation Program (a Miami-based organization dedicated to preserving Cuba's coast) and stay at the Villa María la Gorda, a 55-room hotel and dive center situated on a bay of clear water with 100-foot visibility. —**MELISSA GASKILL**

## CLIMBING

In the 33,000-acre Viñales Valley, farmers tend tobacco plantations with traditional ox-drawn plows used since the 19th century. But the real attraction in this UNESCO World Heritage Site is its 1,000-foot freestanding limestone rock formations. Known as *mogotes*, these porous formations resemble giant haystacks dotting the countryside. The result of some 150 million years of erosion, the mogotes have caves, underground rivers — and the most spectacular climbing in Cuba. Although officially there is a ban on climbing in the region, local authorities turn a blind eye. "I wouldn't use the word *unenforced*," says Armando Menocal, a Cuban-American who co-authored the guidebook *Cuba Climbing*. "But the ban is enforced in the Cuban way." Stay at Los Jazmines hotel, a 78-room inn located just outside of Viñales. Staff can help connect you with a guide to the 250 routes, ranging from beginner bouldering to more advanced technical climbs. —**NICHOLAS GILL**

## MOTORCYCLE TOURING

In 1952, Che Guevara — then a 23-year-old medical student — toured South America on a run-down motorcycle he dubbed *La Poderosa* ("The Mighty One"). Now the famous revolutionary's youngest son, Ernesto, a lawyer, is looking to revive the family tradition, but in Cuba. He oversees *La Poderosa Tours*, a guided-tour company offering six- or nine-day Harley-Davidson rides through Cuba's backroad rural villages and lush sugar plantations, each trip beginning and ending in Havana. "Exploring Cuba by motorcycle helps unravel the enigma of this nation," says Christopher Baker, the author of *Mi Moto Fidel: Motorcycling Through Castro's Cuba*. "You could never get so close to the people and culture from the confines of a car or tour bus." After landing in Havana, meet your guide, jump on a Harley, and cover up to 760 miles of terrain, from stops related to the revolution, like the site of a 1958 battle in Santa Clara, to remote, pristine beaches like Cayo Santa María and the colonial town of Trinidad. —**N.G.**



# ROUGHING IT OFF THE PACIFIC COAST

CHANNEL ISLANDS, CA

BY JOSH EELLS

**C**hannel Islands National Park sits just 20 miles off the Ventura coast, roughly the distance from Dodger Stadium to LAX. And though 15 million people live within a half-day's drive of the place, fewer than 130,000 visited last year — making it one of the least-frequented national parks in the Lower 48 and one of the last truly rugged places in California: a string of emerald jewels hiding in plain sight.

My friend Joe and I arrived in February, taking the hour-long ferry from Ventura for a weekend of camping on Santa Cruz, the largest of the park's five islands. Santa Barbara Channel was busy with tanker traffic bound for Los Angeles, and a thick gray marine layer cloaked the oil-drilling platforms that dotted the horizon. Then the fog cleared, and the islands came into view. Suddenly civilization felt a thousand miles away.

The Channel Islands have been a national park only since 1980, and their lack of creature comforts necessitates a degree of self-reliance. There's no food on the islands, and only two of them — Santa Cruz and Santa Rosa — have freshwater. Of the 80 or so people on our ferry, only five were hardy enough to spend the night.

Joe and I set up camp in a eucalyptus grove. Almost immediately, we had our first wildlife sightings: above, a soaring bald eagle, and, at our feet, an island

fox. Geologists believe that the Channel Islands were never connected to the mainland; as a result, they've evolved dozens of species that exist nowhere else on Earth. The island fox is the friendliest — a house cat-size version of its mainland cousin who loves pilfering snacks from unsuspecting visitors. A decade ago, these critters were endangered, but populations have rebounded and they're likely to come off the endangered list. We double-checked the latch on our food box and set out on our hike.

Our destination was Smugglers Cove, a rocky crescent on the island's opposite shore. We made our way along sheer windswept cliffs, formed by seismic activity some 15 to 20 million years ago. Human remains unearthed on Santa Rosa date to the end of the Pleistocene epoch, more than 13,000 years ago — older than any others ever found in North America.

Crossing the island, we passed relics of its more recent history: barbed-wire fences, an old oil well, an abandoned dirt airstrip. For much of the late 19th century, Santa Cruz was owned by a Frenchman named Justinian Caire, who

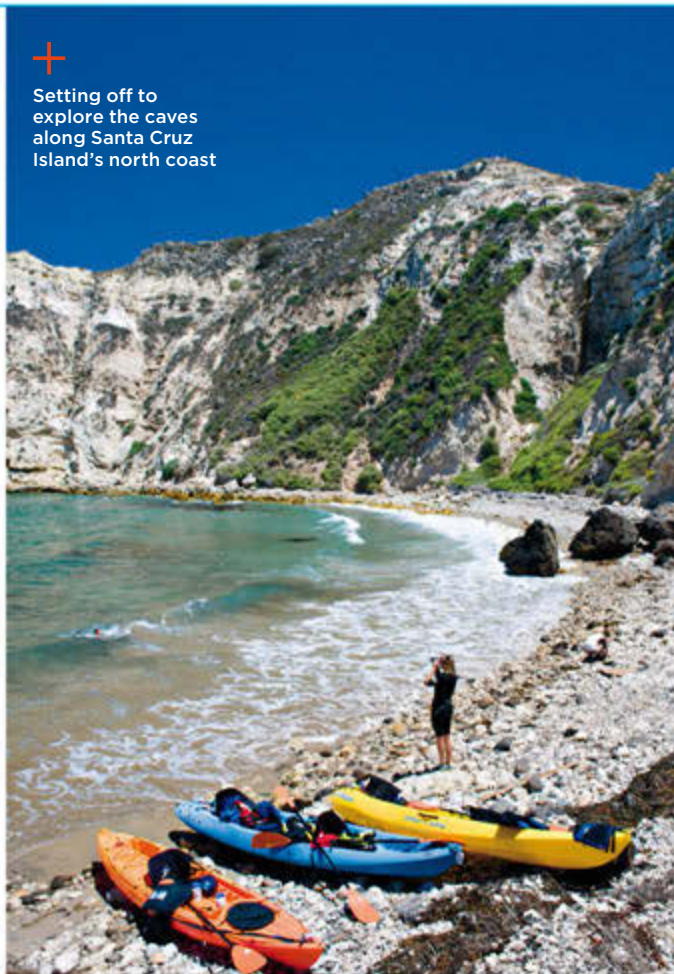
imported grapes for wine, raised cattle for beef, and brought in Italian cowboys to make his Genoese wife feel less homesick. Subsequent owners used the island for ranching and sport hunting; during Prohibition it served as a hiding spot for bootleggers and rumrunners, and during Hollywood's golden age it attracted silver-screen royalty like Cecil B. DeMille (who filmed there) and John Barrymore (who sailed the islands on his yacht). But unlike Santa Catalina Island — bustling with day-trippers at the south end of the archipelago, 25 miles off Los Angeles — these northern islands were inhospitable enough to deter developers.

After lunch in the shade of an olive grove planted by those same Italian cowboys in the 1880s, Joe and I hiked through Scorpion Canyon to Potato Harbor to see the sunset. We made it in the nick of time, plopping onto the cool grass bluff just as the sun kissed the horizon. Below us, sea lions barked over the crashing surf, and to the north, a migrating gray whale was breaching and spouting. "I don't know where to look," Joe said. "To my left, one of the best sunsets I've ever seen. And



+  
Hiking the bluffs  
above Scorpion  
Beach at sunrise





Setting off to explore the caves along Santa Cruz Island's north coast

to my right, a fucking whale.” Just then three young island foxes started frolicking behind us, chirping and tumbling in the grass. It felt almost like nature was pranking us.

Naturally our luck couldn't hold. The next morning dawned damp and gray, the mist and mud more Scottish Highlands

than SoCal. Our plan was to hike up the Montañon Ridge to one of the island's highest points, then descend along the spine and overnight at the Del Norte backcountry camp. Unfortunately, winter is the wet season in the Channel Islands, and we found ourselves battling driving rain and fog so thick we could barely see

30 yards. After six muddy miles, the visibility got so bad that the trail seemed to vanish off the edge of the ridge. Soaked and defeated, we were back in our tent by dusk.

In spring, we would have been walking through fields of blooming wildflowers. During high season, the islands offer sailing, snorkeling, fishing, world-class scuba diving — even surfing if you know the right spots. It's also easier to visit the outer islands, like neighboring Santa Rosa, with its white-sand beaches, once the big winter swells have ended.

By morning, the blue skies had returned, and the sun was warm on our shoulders as we broke camp and trekked down to the beach to meet our kayak guide. Three outfitters offer kayak tours of Santa Cruz; you can also just rent a boat, but given the unpredictable swells and jagged rock cliffs, it's safer to go with a pro. Ours showed us the proper way to eat kelp (chewy, salty) and led us through a half-dozen sea caves with dramatic, cathedral-like ceilings and brightly colored walls. In quieter moments, I thought of the Chumash Indians, who navigated these waters in redwood plank canoes, hunting seals and harvesting abalone for thousands of years, until being forced off the islands in the 1800s.

By the time we paddled in, it was time to catch the afternoon boat back to the mainland. Thankfully, the islands had one last gift for us — a gray whale and her calf passing slowly across our bow, making their way to their winter home in Baja. Our captain killed the engine, and we watched them swim for several minutes, the houses and highways of the mainland visible in the background. “And now we'll let them continue on their journey,” the captain said finally, “and we'll continue on ours.”



The island fox, one of several species unique to the islands



## TO DO THIS TRIP

**GETTING THERE** The one-hour ferry from Ventura Harbor operates year-round to Santa Cruz and Anacapa islands and from April to November to Santa Rosa. Round-trip tickets cost between \$60 and \$115 ([islandpackers.com](http://islandpackers.com)).

**WHERE TO STAY** Campsites are available on all five islands for \$15 a night. Advance reservations are required ([recreation.gov](http://recreation.gov)). Scorpion Ranch on Santa Cruz has water and pit toilets; or rough it at the Del Norte site in the backcountry.

**THINGS TO DO** Hike Santa Cruz's two-mile Cavern Point loop, which offers

magnificent vistas and, between December and March, whale watching. When kayaking, paddle through the Painted Cave — at a quarter-mile long with a 160-foot ceiling, it's one of the largest and deepest sea caves in the world.

**OUTFITTERS** Santa Barbara Adventure Company ([sbadventureco.com](http://sbadventureco.com)) and Channel Islands Outfitters ([channelislandsoutfitters.com](http://channelislandsoutfitters.com)) offer daylong kayaking excursions starting at about \$120 per person. Ventura Dive & Sport ([venturadive.com](http://venturadive.com)) will take you diving off Santa Cruz or Anacapa (which includes spearfishing, if it's in season) for about \$125 a day.



# RACING ACROSS THE TOP OF THE WORLD

INDIA, NEPAL, BHUTAN

BY GERRY MOFFATT (WITH PIA SAENGSWANG)

**T**he Zaskar River, which winds through Kashmir's slate mountains in the northernmost reaches of India, is often compared to the Grand Canyon, and when you're paddling it in a kayak, alone, it's easy to see why. Steep cliffs rise 4,000 feet on either side, and ancient monasteries perch high on limestone bluffs. Paddling here offers the purest sense of isolation.

It was day four of what was supposed to be a week on the river, when the biggest storm in five decades hit. As the dark clouds rolled in, the Zaskar turned into a muddy flood, its wide, placid waters roiled into a maelstrom of Class IV and V rapids. Heavy rain hit from all sides. Boulders the size of SUVs tumbled down the canyon walls, smacking the water with sounds like sonic booms. I paddled desperately to stay in the river's main flow, where I would be safe. It was a moment of pure adrenaline and surrender — and exactly what I was looking for.

I've been guiding expeditions and filming television and feature documentaries in the Himalayas for decades, descending every river in Nepal and summiting Everest twice. But this trip was different. I had recently turned 50. It occurred to me that an epic, soul-searching journey was long overdue. And so I embarked on my most ambitious and personal trip yet: a 108-day solo expedition across the entire length of the Himalayas, 4,000 miles from India through Nepal to Bhutan by kayak and motorcycle and on foot. I decided to document this expedition, too — filming by myself or with just one cameraman.

The Tsarap Chu and Zaskar rivers were the first leg. Thanks to the storm, I completed the Zaskar's final 90-mile section — which usually takes about three days — in a 12-hour frantic push. Exhausted but exhilarated, I arrived in Leh, the capital of India's Ladakh district, where I traded my kayak for a vintage 1982 iron-barrel, 500cc Royal Enfield motorcycle. I'd bought the bike second-hand in Delhi and rebuilt it specifically

for the expedition. Fully loaded, she was a thousand-pound monster.

Riding her on the treacherous, unpaved roads of the Tibetan plateau was a lot like running Class V whitewater: You really have to pay attention or you're going to get waxed. I was racing to the Taglang La — at 17,500 feet, one of the world's highest vehicle passes — desperate to cross before winter closed the pass for six months. I spent three weeks traversing this remote, lunar landscape before descending into the teeming cauldron of life that surrounds Rishikesh, an ancient city nestled on the banks of the Ganges.

I stopped to tend to repairs and visit with friends. This is no longer the quiet, spiritual retreat made famous by the Beatles. Today, there are thousand-room ashrams, luxurious condos, internet cafes. The Ganges is still the site of Hindu bathing rituals, but downstream it is one of the country's most polluted rivers. I watched people dump garbage directly into the water, only to see crews of workers pick up trash on "clean up" days.

From there, I headed east through rolling Himalayan foothills, passing rural villages where teenagers herded goats while talking on cellphones. Arriving in Nepal, I stopped in Pokhara to visit my old friend Sano Babu Sunuwar. We'd first met 18 years ago, when he was a teenager learning how to kayak. Now 32, Sano is an internationally acclaimed adventurer — celebrated for paragliding off the summit of Everest — and owner of Babu Adventure Resort and School, a beautiful stone lodge and paragliding complex at the top of a remote ridge facing the Annapurnas.

Paddling India's Zaskar river in stormy conditions, Moffatt ran the last 90 miles in just 12 hours.



On the banks of the Ganges, a man dressed as the monkey god Hanuman gives blessings.

We spent a day boating on Pokhara's Fewa Lake. Thirty years ago, I would camp on the shore. Now, that campsite is a sprawl of ugly buildings and you can't swim without getting rashes or pinkeye. And it's not just this lake: Parts of the Bhote Khosi river, once one of the best rafting trips out of Kathmandu, now resemble an open sewer. Over a dinner of dal bhat, Sano told me how worried this makes him about Nepal's future. With great ebullience, he described his efforts to change that — leveraging his status as a local celebrity and investing a percentage of his profits to support clean water

THUNDER DRAGON MEDIA (3)





+  
Relaxing in  
the temple square  
of Bhaktapur,  
outside Kathmandu,  
about midway  
through the trip



projects and school tuition for local kids. “Anything is possible, Gerry-dai!” he said.

The final leg of my trip took me through Bhutan. After the hustle and pollution of India and Nepal, it was like arriving in Middle-earth. A single road winds through a sparsely populated land of dense rain forest and arid alpine mountains known as the “kingdom of the clouds.” Gunning the Enfield, I ascended 7,000 feet of switchbacks in seven hours. At one point, a truck loaded with kayaks stopped alongside me. It turned out these were Bhutanese guys I’d taught to kayak 16 years ago. They invited me to tag along

as they guided clients down the Po Chhu, a Class III river that meanders through verdant jungles pulsing with wildlife, farmland, and quiet villages. The trip evoked my earliest days in the Himalayas, but I wondered how long it could last — considering that many of Bhutan’s rivers are being dammed to create hydroelectric power for India.

Traveling with this new generation of adventure guides, I couldn’t help but reflect on my own three-decade career. When I first came to Nepal, every river was a pristine jungle paradise. Now, we no longer run many of them — there’s

too much trash and human waste. It struck me that by bringing people into such sensitive areas, I was contributing to the problem. That had to change. So instead of simply guiding, I’ve made a commitment to work with the next generation of adventure entrepreneurs, training them to do more to protect these resources. I’m also making films to document the threats facing the Himalayas.

In Samdrup Jongkhar in eastern Bhutan, I said goodbye to the Enfield. I debated shipping her home, but decided against it — the bike belongs on the high mountain passes of the Himalayas, not the smoothly paved freeways of the U.S. As for me, I just want to live out the rest of my life knowing I’m doing my best. ■

For a trailer of Moffatt’s film about his journey, go to [thunderdragonmedia.org](http://thunderdragonmedia.org). Video dispatches can be seen at [mensjournal.com/moffatt](http://mensjournal.com/moffatt).





# THE NFL'S ALPHA AGENT GOES TO WAR

**What Drew Brees, Dez Bryant, the Mannings, and a cadre of NFL elites have in common is Tom Condon — a career grunt turned dealmaker who for 30 years has been coming up with new and unusual ways to make owners pay.**

BY PAUL SOLOTAROFF PHOTOGRAPH BY ANDREW HETHERINGTON





**T**om Condon can tell a true football story. A true football story contains a ration of gore, as it's really a war story without the bullets. It also checks the boxes for valor and grit — that willingness to grind through sizzling pain for the sake of the men wearing the same helmets. But what makes the story true isn't its ode to team-first values. No, what makes the story true is that it's batshit crazy — and usually pretty funny in the bargain.

Condon can tell a true football story because he played the game half his life, and because he's spent the other half so outflanking opponents that he's now the king of the sport's third column of power: a caste of superagents who write blockbuster contracts and bend the collective-bargaining pact in balloon-animal shapes. A former players' union president who fought the league for the basic human right of free agency, he's been making owners pay for their obtuseness ever since. Matt Ryan: \$103 million; J.J. Watt: \$100 million; Drew Brees: \$100 million; Eli Manning: \$97 million; Peyton Manning: \$96 million — and so on down the line. Next up this spring: eight-figure renewals for Condon's millennial stars — Dez Bryant, Luke Kuechly, and A.J. Green — after which he'll spend months haggling boilerplate clauses for his 2015 draft picks. Though the last collective-bargaining agreement radically dropped the salaries paid to top rookies, Condon has found ways to wring extra dollars for his first-round kids, fighting till training camp over every last detail in their contracts. Of the 32 first-round selections last year, his were the last two to sign.

So Tom Condon can tell a true football story, though he lives in pinstripes and talks with the solemnity of someone trying to sell you a headstone. "When we signed Zeus Brown to the deal in Cleveland that made him the highest-paid lineman in the league," Condon begins, "I told him, 'Hey, Zeus, see that guy over there?'" — meaning rookie quarterback Tim Couch, the first pick in the '99 draft and another Condon client. "They want you to make sure nothing happens to him." Brown, 6-foot-7 and 360 pounds, looked down and said, "Oh. Take care of Young Boy, huh?" But in a game that December, Brown was hit in the eye by a penalty marker tossed by an official. In excruciating pain, Brown hobbled to the sideline, then tried to put himself back in. "I go see him in the hospital," says Condon, "after he damn near lost an eye, and ask him,

'Buddy, why'd you run back on the field?' Well, Zeus couldn't get through an entire sentence without dropping at least one 'motherfucker,' so he says, 'What you tell me about Young Boy, motherfucker?'"

Suspended indefinitely for shoving the ref who hit him with the flag, Brown missed three seasons getting his right eye repaired and was cut by Cleveland while he healed. But since this is a football story that includes Tom Condon, it comes with a garnish: a parsley sprig of business-minded justice. Condon didn't just push Brown to sue the league; he went and hired tort king Johnny Cochran to do it. Then he moved Brown from Cleveland to the Bronx, where he'd get the world's most sympathetic jury. Epically outflanked, the league folded, settling out of court for \$25 million. Brown staged a comeback in 2003 and played three seasons for the Baltimore Ravens, where he was a starter and a mentor to young linemen. He died suddenly, four years ago, of diabetic shock, but left a sizable estate to his kids, one of whom is now a standout tackle at the University of Oklahoma.

The moral of this particular football story? Don't fuck with Tom Condon or the hundred-plus players he reps from cradle to grave. He may dress like a banker, but he'll lower his shoulder and plant you in the dirt, then bill you your net assets to clean his suit.

**CONDON BUILT** the best clientele in the league as much by avoidance as aggression. For 27 years, he's steered a wide berth around kids with frantic arms and frantic

past. Jameis Winston? Johnny Football? No thanks; they're not worth the hours and aggravation. He'd much rather sign the left tackle you've never heard of than the zeitgeist prospect. He knows that the rule shifts of the last 10 years have thoroughly changed the way teams value their players, and that the stars at five positions so dominate payrolls that everyone else is fighting for what's left. "Quarterback, speed receiver, cornerback, edge rusher," he says. "And since they've let the linemen block with arms extended, left tackle's become as valuable as anyone but the passer."

So Condon hunts giants with balance and foot speed and pterodactyl wingspans. "They keep the defenders off them, which reduces impacts" and injuries, setting them up for long, lucrative careers. Take Andrus Peat, who, if predictions hold, will be the first

Condon with Jeff Heurman, Ohio State tight end, at an agency training camp



ANDREW HETHERINGTON





Clockwise from top: Condon (front) as a Chiefs guard in 1978; on the sideline after breaking his nose in 1982; and between Eli and Peyton Manning (both clients) at the 2004 NFL draft

tackle off the draft board this year. "That kid's first deal will be good," Condon says, "and his second should be special." Peat hits all the specs on Condon's punch list. He's a smart, stable kid from a two-parent household who actually went to class while attending school. Better still, that school was Stanford, a brand Condon respects. These days, he recruits just five kids a year from a handful of top-tier schools and looks for players who were three-year starters and/or captains of their squads. He trusts his eyes but trusts track records, too.

To be sure, Condon's still the quarterback king, repping almost half the franchise passers in the league. (He has, besides the icons already named, Matt Stafford, Sam Bradford, Alex Smith, and several others.) And though he prizes QBs and relies on their earnings — his agency does their contracts and books their marketing deals, of which the firm takes 10 to 20 percent — his heart, you sense, is with the men up front, who wage war for 12 years, take the worst of the beatings, and leave the game as faceless as they entered. That was Condon's footpath into the league: He came in as cannon fodder, a late-round pick, figured out a way to make a place for himself, and quietly built a name and a brand as the smartest guy in the room.

There are players who trickle back to college each winter, taking the odd marketing class. Condon went to law school while a starter for the Chiefs, studied for the bar in the off-season, and passed it in plenty of time to serve as legal co-counsel during the union's two-month strike in 1982. There are politically savvy vets who run for player rep to help their teammates get what's due them; Condon was on the union's executive board

before he even turned 30, and was second in command to director Gene Upshaw while playing every down for four years. When the toll of a dozen years forced him to quit in 1985, he pivoted to become Upshaw's agent and consigliere, negotiating contracts that would one day make him the highest-paid chief in labor history.

So, assuredly, Condon knows the pathway to power and might well have succeeded Upshaw, who died suddenly in 2008, had that been his heart's desire. But he had no interest in the headaches or contumely that came with Upshaw's gig. "As close as I was with Gene, I thought, 'My job's tough, but his is impossible,'" says Condon. "You've got 1,800 players from varied backgrounds going against 32 billionaires. As I learned very early in the agent business, never go into a contract meeting where you're not the one with the leverage."

On a bizarrely cold morning in temperate Nashville, the winter sky swabbed a porch-deck gray, the view inside is not a lot more vivid than what's out the window. Though Condon left St. Louis and moved the football operations of the Creative Artists Agency to this downtown mid-rise 16 months ago, his offices here are whitewashed and packing-peanut bland, with boxes still strewn about the floor. Picture CAA's gleaming spaceship of a building in Los Angeles — the Death Star, as it's called by fearful rivals — then picture its polar opposite and you've got this place. Condon didn't design it, but it looks as if some lineman might have. All that's missing are the bite guards and knee wraps.

On his desk is a legal pad with 50 names, many — all right, *all* of them — famous players. It's the list of clients whom he personally handles and with whom he checks in once a week, or once a day as needed. There are the quarterbacks, of course, but those chats are brief; every minute of their day is scheduled, stem to stern. "When I was a player, I was jealous of QBs because they weren't getting blown up all the time," he says. "But now, between the film room and media and practice and therapy and the weight room and taking film home, how in God's name do they have a life?" Condon's deeper conversations are with injured vets facing drastic pay cuts and demotions. "One guy who's played hurt, they're trying to bump him down from corner out to safety. I asked him, 'If football ended tomorrow, would you be fine for money?' He said yes, so I told him: 'Fine. Then no pay cut!'"

Typically, Condon finishes his client calls before he starts his 12-hour day, but this morning there's a stranger in front of him asking questions as his muted phone wriggles and groans. He's a patient man, but there's a vein on Condon's brow that throbs every time his BlackBerry buzzes. By the time we wrap things up, it's well after nightfall, and he looks ticketed for a triple scotch — or an ischemic stroke.

"These are my busy months," he says of the late-winter run-up to the NFL Combine, free agency, and, of course, the draft. His five blue-chippers are training around the country for their pro auditions, and he's dispatched his support staff of agents to live with, and bird-dog, all five. "Anything they



need — from orthotics for their cleats to gluten-free protein bars — we've got guys on the ground to go get it," he says. Those agents, who include Condon's son, Tom Jr., are take-no-shit extensions of Condon himself; they embed with these kids to push them past all tolerance and to eliminate excuses and distractions. There are roughly 800 agents credentialed by the union to rep draft-eligible kids, and though the big-gun firms — David Dunn's Athletes First, Joel Segal's Lagardère Unlimited — do something similar for their clients, Condon did it first and does it better, covering every conceivable angle. If his numbers are down slightly this year — his firm had seven first-rounders in the 2012 draft, and five firsts last year — it's because he's stopped shopping in bulk. "The rookie salary-slots took the fun out of first-year contracts," says Condon. "The real money now is in their second or third deals. And those guys are leaving their agents to come here; we've gotten a dozen or so stars the last two years."

Among them are Victor Cruz, who signed with Condon in 2013 and got a deal worth \$43 million. Ditto Elvis Dumervil, who joined Condon that spring; two weeks later, he signed a deal worth \$35 million, great money for a too-short pass rusher nearing 30. Then there are the stars so bollixed by bad agents that even Condon can't save their bacon. "I got a call from a famous player — I can't say his name — who's been screwed for years by his guy. The contract sounds great, but it's back-end-heavy; he probably won't see most of that money."

Condon says the agent's name, but won't go further. As he's too well aware, he works in dirty waters and can only slime himself by carrying tales. The majority of his rivals break rules for a living: They front money to players while they're still in college, "lend" cars and cash to their family members, and discount their fees (3 percent is the standard) to seduce a first-round kid. "Tom's one of three guys in the entire business who does things the right way every time," says an industry insider who is privy to agents' lures and snares. "Everyone else pays the kids up front. One of them's so overextended, he's almost bankrupt."

Bring this up to Condon, though, and all you get are shrugs. Every weekend, when he flies to a different city to take a player out to dinner after a game, he sees his rivals schmoozing in the stadium tunnel or preening on their iPhones for reporters. You won't catch Condon doing those stunts: He pays for his own game seat and sits alone in the nosebleeds with a ball cap pulled down low. But he didn't get into this trade to make friends. He barely has time for the friends he has, taking a ski trip once a year with three or four buddies, then holing up in the lodge on his phone, or texting clients from the golf cart in Palm Springs. "Worst golfer I've ever played with, and worst skier, too," says Peter Johnson, the former chief of IMG. "But he's

a brilliant guy with no ego at all. He used to say, 'Peter, I'm just a windup doll; plug me in and point me in the right direction.'"

At 62, Condon looks fitter than some of his players. He carries a torqued 225 on his 6-foot-2 frame, though he's eight months removed from surgery to repair his shoulder and arm. A year or so back, one of his friends talked him into trying MMA. Condon, a gym rat, decided to work up to it by doing CrossFit, and tore his rotator cuff and severed his biceps, too. Unimpressed, he trained for four more months, doing kettlebell pushups and dips on rings till he couldn't raise his hand to feed himself. Finally, he went to the great James Andrews, who rebuilt Drew Brees' throwing shoulder and Peyton Manning's neck. If you're not Brees or Manning, it can take several months to slot into the surgeon's schedule, but Condon got with him straightaway for an overhaul. "What can I tell you? We do a volume trade there," says Condon with an eyebrow arched. Over the course of 10 hours and a low-carb lunch, it's the closest he'll come to cracking a joke.

**"He's the worst golfer I've ever played with," says the former IMG chief, "worst skier, too. But he's a brilliant guy with no ego at all."**

**BUT LEVITY ISN'T THE POINT** when you sit with Condon, or, for that matter, with Brees and the Mannings. Intensity is, that compulsive focus to be one step ahead of the pack. Condon's had it since boyhood, bred Irish-Catholic tough behind the smelting plants of Ansonia, Connecticut. His father, a lawyer, fought in World War II, came home a hero, and went back to college, then shipped out again to Korea six years later; there, his unit was so shot up it spent a year in Japan recovering. "Even after all that, he never drank, smoke, or cursed, and busted his butt till the year he died," says Condon.

Ansonia, a hard-hat-wearing, polyethnic town where they still said Mass in Polish and Italian, produced the best ballplayers in the state, funneling them through the ranks at Ansonia High, the bullyboy power in the region. Condon, a late bloomer, didn't start till senior year, then played as a walk-on at Bos-

ton College till they offered him a scholarship as a junior. He was an afterthought on draft day in 1974, a 10th-round pick by a dynastic Chiefs team that fielded seven Hall of Famers — on defense. Even so, Condon balked at their offer: a one-year deal for \$14,000, plus \$2,000 to sign. When he countered it, Hank Stram, the spitfire coach, almost fell off his chair. "Son," he said, "do you know how many 10th rounders have ever made this team? I'm offering you two grand for a summer job." But Condon stood his ground, pushed Stram to \$18,000 (*plus* a \$10,000 bonus), and won a role on special teams. By year two, he was the starter at right guard. Though he never made a Pro Bowl, he never missed a down either, taking every snap for 10 years. He signed with the Patriots in 1985, tore his hamstring on opening day, and quit to try his hand as a labor lawyer. When that didn't fly, he went to work with Tony Agnone, a young agent with a handful of B-list players.

Deploying his grinder's ethos and the lessons he'd learned taking part in two collective-bargaining wars, he quickly built a roster of impressive picks, including three first-rounders in 1990. But he was mostly repping linemen and rush-down defenders, and no one got rich doing that. The real money came when you landed quarterbacks; alas, Marv Demoff (who repped Dan Marino and John Elway) and Leigh Steinberg (Steve Young and Troy Aikman) had a virtual lock on the position. "I had a plan for how to get to that level, but needed money to put it in play — at the time, I was a broke lawyer in Kansas City," says Condon.

So in 1991, he met with Johnson, then a senior VP at IMG, a sports-rep colossus with icons in golf (Palmer, Nicklaus, Player, et al.) and tennis (McEnroe, Borg, Agassi) but a very modest football roster. "Tom's big idea, which seems obvious now but no one ever did it till him, was to take college players at the end of their eligibility and give them a crash course in NFL training before their pro audition at the Combine," says Johnson. "He figured if we could get their strength and conditioning up, teach them how to interview, and ace the Wonderlic test, we could turn second-rounders into firsts, and low firsts into lottery picks."

Condon joined IMG and put his theorem to the test. He signed his first quarterback, Todd Marinovich, a peculiar, pot-smoking star at USC, and went out that winter to work with him personally at the L.A. Coliseum. "I put him through three-a-days stressing strength and speed, added 20 pounds of muscle onto his trunk and lower body, and hired receivers to catch balls from him on pro day. He totally killed it at the showcase we put on for him." Raiders owner Al Davis fell in love with him there and drafted him in the first round. Condon did even better for Heath Shuler at Tennessee. He went out to Knoxville and built a mid-first-rounder into the third overall (continued on page 106)



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# Camping Without Compromise

Smartly designed gear like a portable espresso maker and a double-wide sleeping bag let you spread out and enjoy the comforts of home — in the wild.

## A Tent for the Whole Family

→ The oversize ripstop-polyester **NEMO Wagontop 4P** is more like a cabin than a tent. It's broad enough to sleep four adults and tall enough to stand up in — all that room was helpful when we geared up for a bike ride. The large vestibule kept wind and rain out, but we removed it completely when the sun shone to make getting in and out even easier. Large windows on every side offer plenty of visibility on clear days and ventilation on humid nights. Most eye-popping: the gym-bag-size pack the tent fits in once it's broken down.

**\$450** [nemoequipment.com](http://nemoequipment.com)

by **BERNE BROUDY**





### The Compact Lounger

Weighing less than 2 lbs, the **REI Flex Lite Chair** folds down to the size of a loaf of bread, and its frame snaps together, like a tiny tent, in seconds. We found the seat more comfortable than many folding camp chairs, and it remained stable even when we rocked on the back legs (with beer in hand). The aluminum poles can support up to 250 lbs. **\$73; rei.com**



### The Nesting Cook Set

The most compact cooking and eating system available, the **GSI Outdoors Pinnacle Camper** has four color-coded plastic plates and matching sip-top cups that store inside 2- and 3-liter pots, both with strainer lids. A 9-inch frying pan completes the package. All the parts and pieces fit like a puzzle into a welded-nylon kitchen sink, which we used for washing dishes and carrying water. **\$130; gsioutdoors.com**



### The Grab-and-Go Game

Made from half-inch birch plywood, this regulation-size **Easyhandler Portable Cornhole Set** weighs just 38 lbs — less than half as much as other sets. We like how easy it can be transported: The two boards mate into one suitcase-style box, where the beanbags are stored. Despite their light weight, the boards are durable and can be assembled in seconds; when our party shifted from campsite to oceanside, the tournament continued. **From \$99; easyhandler.com**

### The Frost-Free Pint

Whether we poured an IPA or a tall, icy glass of lemonade, the **Klean Kanteen Vacuum Insulated Tumbler** kept it at the right temp. The stainless steel interior doesn't absorb flavors or give off any metallic taste, and the tough casing can withstand any abuse doled out around the campsite. Bonus: It's great for morning coffee, too. The insulation means you won't burn yourself while handling a freshly poured cup. **\$24; kleankanteen.com**



### The Two-Course Cooker

Need to grill a steak or heat a can of soup? The **Primus Profile Dual Stove** lets you do both at the same time, and with only a 16-oz propane canister. Although the 12,000-Btu burner boils water in just three minutes, it offers precise control of the flame, so you can even simmer sauces. During our trip, the 9,700-Btu nonstick grill delivered enough heat to sear meat but also grilled veggies without charring them. **\$140; primuscamping.com**

CORNHOLE AND TUMBLER: MICHAEL PIROCCO





### The Portable Cafe

Our new favorite coffeemaker for those times when we're miles from the nearest Starbucks is the **Minipresso GR**. Just the size of a 20-oz soda bottle and weighing less than a pound, it churns out a crema-topped single shot of espresso using nothing more than finely ground coffee, boiling water, and 15 presses of a hand pump. An optional larger water reservoir is available if you prefer *caffè lungo*, a taller, milder drink. **\$49; wacaco.com**



If you get toasty in the middle of the night, a foot vent can be kicked open — either across just one side or the entire width.

### The Double-Wide Sleeping Bag

Slip two pads into the back sleeve of the **Sierra Designs Backcountry Bed Duo 600 2-Season** for a bunk that's nearly as comfy as your queen-size mattress at home. The two-person down-filled bag has a comforter you can pull up to your chin on cold nights or throw back in warmer weather. And because the comforter is wider than the bag, our side-sleeping companion didn't steal the covers. **\$500; backcountry.com**



### The All-in-One Knife Set

If you're planning to prepare meals from scratch, bring along the **Gerber Freescape Camp Kitchen Kit**. Stored in the cutting board-topped carrying case are a 3.8-inch *santoku*-style knife and a smaller paring blade. The case includes a built-in sharpener and rubber feet to keep it from skidding across the picnic table. **\$85; gerbergear.com**



### The 360-Degree Speaker

The water-bottle-size **UE Megaboom** speaker can turn your campout into a dance party. It has a 100-foot wireless range and a 20-hour rechargeable battery, and it's one of the loudest, best-sounding Bluetooth speakers we've ever heard. Plus, it's waterproof, so it'll survive a night out in the rain if you forget to pack it up when the party ends. **\$300; ultimateears.com**

### The String Lights

Illuminate your entire campsite. The daisy-chained **BioLite NanoGrid** set comes with two yo-yo-like LED lanterns, each with 20 feet of cable to hang from trees. The three-in-one main hub is a lantern, a flashlight, and a USB-connected backup battery. Each light can be turned on or off independently, while the whole system will shine for up to 22 hours on a single charge. **\$100; bioliteenergy.com**





# Rugged Outdoor Watches

Built to survive extreme conditions, these watches also have cool features that will enhance any weekend adventure.

by JASON HEATON

## 1 Suunto Ambit3 Sport

The Ambit3 Sport provides enough data for number-crunching runners and triathletes: It tracks heart rate, cadence, and swim laps. In the wilderness, a "track back" function lets you follow a digital bread-crumbs trail, retracing your steps to the car. [suunto.com](http://suunto.com); \$450

## 2 Breitling Cockpit B50

It's definitely a splurge, but the B50 is a true pilot's watch (it can log takeoff times automatically) that's just as useful in the mountains. Its movement is accurate even through radical temperature changes, and the backlight turns on with a wrist flick. [breitling.com](http://breitling.com); \$7,200

## 3 Citizen Promaster Altichron

Like a plane's altimeter, the hands of this titanium watch spin to display elevation (up to 32,000 feet) and bearing. The rotating inner ring lets you easily track vertical gain while on the move. [citizenwatch.com](http://citizenwatch.com); \$850

## 4 Garmin Fenix 3 Sapphire

Never get caught unaware: The Fenix 3 has a barometric sensor to predict weather changes and a storm alarm. It also uses GPS to track distance and speed, making hikes more fun. Upload the data to see how you stack up against other trekkers. [garmin.com](http://garmin.com); \$600

## 5 Timex Tide Temp Compass

A boatman's delight, this Timex has a dedicated fourth hand that tracks the rise and fall of the tide, so you'll know when it's time to paddle out into the swell or to avoid the coastline in your kayak. There's also a compass and thermometer. [timex.com](http://timex.com); \$170

## 6 Tissot T-Touch Expert Solar

Handsome enough for the office but tough enough for bagging 14ers, the T-Touch is solar-powered and loaded. A touchscreen lets you toggle between features including an altimeter and compass. [us.tissotshop.com](http://us.tissotshop.com); \$1,250





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# Audio Solutions for Any Home

Whether you want to bring a vintage receiver into the digital age or beam tunes wirelessly throughout your house, these setups will improve your sound quality and listening options. **by JESSE WILL**



The Sprout's built-in amp was engineered to be more efficient and produce less heat. The benefit? A smaller footprint.

**Q:** I'm getting into vinyl again. What's the best streamlined system?

**A:** All you need to enjoy records is a turntable with a built-in phono preamp and powered speakers. Start with the **Audio-Technica AT-LP120-USB** (\$300; [audio-technica.com](http://audio-technica.com)), a direct-drive turntable with an audiophile-grade cartridge. Connect it to the **Audioengine A5+ Powered Speakers** (\$399; [audioengineusa.com](http://audioengineusa.com)), which use a 75-watt-per-channel amp and produce a bass-forward sound that can fill even a large living room.



**Q:** How can I get a great-sounding system that doesn't take over my living room?

**A:** Start with the tiny but powerful **PS Audio Sprout** (\$799; [psaudio.com](http://psaudio.com)). The 50-watt-per-channel amp works with analog sources but is built for streaming music: An onboard DAC (digital-to-analog converter) smooths out the sound of Bluetooth audio streamed from your phone or computer. Pair that with the bookshelf-size **Bowers & Wilkins CM5 S2** (\$1,600 a pair; [bowers-wilkins.com](http://bowers-wilkins.com)), whose tough composite drivers and 1-inch tweeters — separated from the cabinet via a ring of cushioning gel — re-create the fuller, more natural sound of larger speakers.

## HOW TO BOOST YOUR STREAMING SPEED

As more streaming content comes into your home, you might notice your network hiccup when more than one person tries to watch a movie or listen to music. The fix: Upgrade your access point. The **D-Link AC3200 Ultra Wi-Fi Router** runs the latest, fastest WiFi standard, called AC, which transmits a stronger signal over a larger area and to more devices at the same time. Using one can speed up your network and eliminate dead zones. [us.dlink.com](http://us.dlink.com) **\$310**





**Q:** What's the best way to play music wirelessly throughout my entire house?

**A:** There are now a lot of wireless systems out there, but early favorite **Sonos** is still the best option, thanks to its range of speakers and streaming services. The simplest setup is to place the impressively small Play:1 speakers (\$199 each; [sonos.com](http://sonos.com)) in different rooms throughout the house. To broadcast audio from your existing components, the Connect (\$349) creates a wireless link to all the speakers. Once set up, choose from more than 45 streaming-audio providers, including Spotify, Rhapsody, and Deezer Elite, or play from your own iTunes library.



**Q:** How can I connect my old receiver to the cloud and stream music?

**A:** If you don't want to upgrade to a whole-home system like Sonos', the simplest solution is to get a Bluetooth adapter (Logitech, Monoprice, and Bose sell them for less than \$60) for your stereo to beam music from your smartphone, laptop, or tablet. An alternative is to integrate it into your entertainment system. If you don't mind using your TV to browse for music, connect your receiver to the AirPlay-enabled Apple TV (\$69; [apple.com](http://apple.com)) to play tunes from your computer or the Beats Music service. The best solution we've found, however, is **Blumoo** (\$99; [blumoo.com](http://blumoo.com)), a universal remote that lets you control nearly any home theater device from your phone. When connected to your stereo receiver, it transmits the songs or streaming audio that are playing on your smartphone.



**Q:** My new TV's picture is great, but its sound is awful. How do I fix it?

**A:** As TV frames have shrunk, so has the space available for speakers, resulting in muddled audio. But a sound bar like the **Vizio 54-inch S5430W-C2** (\$300; [vizio.com](http://vizio.com)) can bring out the best in an HDTV's digital audio. This self-contained three-channel cabinet renders crystal-clear dialogue and produces deep, cinematic bass without requiring a separate subwoofer. Since it has seven inputs, you're able to connect everything from the cable box to Apple TV to a Bluetooth receiver, so the bar can double as a stereo, too.

## Which Service Is for You?

Streaming is the best way to consume music at home, but finding the right subscription plan can make it even better.

### BEST FOR PLAYLISTS



#### Spotify

This giant streaming service lets you easily swap playlists with friends — plus copy and edit them based on your own tastes, or generate a custom radio station based on the songs. [spotify.com](http://spotify.com); **\$10/month**

### BEST FOR MOBILE USE



#### Rdio

The ultraclean, stripped-down interface is dead simple to navigate on a smartphone and seamlessly picks up your place in a song, even when switching between formats or devices — like from your computer at work to your phone in the car. [rdio.com](http://rdio.com); **\$10/month**

### BEST FOR CLOUD STORAGE



#### Google Play Music

You can store a whopping 50,000 of your own songs to stream from anywhere (for free), and mix and match those tracks with the 30 million-plus found on the Play Music subscription service. [play.google.com](http://play.google.com); **\$10/month**

### BEST FOR SOUND QUALITY



#### Tidal

If you have good hi-fi equipment (and even better ears), it's worth checking out this lossless, CD-quality service. The Swedish company offers 25 million tracks and some of the best editorial content — curated playlists and interviews. [tidalhifi.com](http://tidalhifi.com); **\$20/month**

# Tennis Goes High-Tech

The latest sticks are armed with stat-tracking sensors, lightweight materials, and new string patterns. Former pro Rick Leach identifies the best.

## EXPERT TEST



→ **RICK LEACH** is a former world number one doubles player and the winner of nine Grand Slam doubles titles. He is currently coaching ATP players Leander Paes, Raven Klaasen, and Scott Lipsky.







## 1 Prince Warrior 107

**THE TECH** For greater control, the Warrior has a larger, 107-square-inch head with a big sweet spot. Plus, its frame is packed with more thin carbon fibers than usual, which reinforce the shaft stability and power, especially on off-center hits.

**RICK'S TAKE** "This didn't feel like an oversize racquet. I still had good control on my ground strokes and serves. Perfect for a serve-and-volleyer, doubles player, or counterpuncher." [princetennis.com](http://princetennis.com) **\$199**

## 2 Head Instinct Rev Pro

**THE TECH** Interchangeable grommet strips let you customize the number of horizontal strings to suit your game: 19 deliver more control whereas 16 serve up crazy spin. A smaller-than-standard frame length makes it easier to handle.

**RICK'S TAKE** "The lighter, shorter frame gave me easy maneuverability, while the balance created good power without a lot of effort." [head.com](http://head.com) **\$200**

## 3 Dunlop iDapt Force 100

**THE TECH** This "made-to-order" racquet allows you to customize the frame's look, select your preferred length (27 or 27.5 inches), and determine the amount of responsiveness with one of three rubber dampeners that reduce vibration between the head and handle.

**RICK'S TAKE** "This is ideal for aggressive players who like to take control of the point early in a rally. There is a great combination of power and control with this frame." [dunlopidapt.com](http://dunlopidapt.com) **\$199**

## 4 Wilson Blade 98s

**THE TECH** The Blade uses an open, 16x18 string pattern that bites into the ball for extra spin, while basalt, a volcanic rock, is turned into ultrafine fibers and woven into the frame to increase its flexibility and responsiveness. Current top players like Serena Williams and Milos Raonic use it.

**RICK'S TAKE** "This is a player's racquet. I was able to generate nice power while maintaining good control with long, full strokes. The lime green accents give it a cool look, too." [wilson.com](http://wilson.com) **\$230**

by **JAMES MARTIN**

## Babolat Play AeroPro Drive

**5 THE TECH** Sensors in the handle record your game data — pace of shots, contact point, spin, number of strokes, etc. — which can be uploaded to a smartphone. There's new tech in the frame, too. Rather than a traditional flat beam, it's aerodynamically shaped to cut down on resistance when you swing.

**RICK'S TAKE** "This is a real winner for me. I already play with the regular Aero, so there was no break-in period. I synced my racquet with my phone and noticed the contact point on my serves was a tiny bit low compared to where it should be. Also, I felt I was hitting with topspin, but the feedback suggested I wasn't. It's a bummer that there is currently no way to measure volleys, but overall the Play provides great coaching." [babolat.us](http://babolat.us) **\$349**

# The Hoodie, Evolved

It may cost a bit more, but the closet staple now has the tech and design details to make it as functional as it is comfortable.

by **JESSE WILL**



During our testing, the Ozone survived four months of machine washing and still looked like new.

**BEST FOR HIKING**

## Westcomb Ozone

Westcomb's designers worked with Polartec to evolve its moisture-managing Power Stretch fabric (used mostly for next-to-skin garments) into one that's more abrasion-resistant. The result is a remarkably soft yet hard-wearing midlayer tough enough to withstand almost any outdoor adventure but so comfortable you'll grab it for lazier Sundays, too. [shopwestcomb.com](http://shopwestcomb.com) **\$180**



**BEST FOR CAMPING**

## Patagonia Nano-Air

Whether you throw it on during an unseasonably cool hike or for relaxing after dinner, you'll swear there's a thermostat somewhere inside the Nano-Air — it just seems never to feel too hot or too cold. Patagonia designed it for maximum permeability, so air easily passes through its water-resistant ripstop nylon shell and synthetic single layer of insulation, while the garment still manages to keep you warm. The innovative construction also makes it remarkably light (13.6 oz.). [patagonia.com](http://patagonia.com) **\$299**



**BEST FOR THE SHORE**

## Bluesmiths Kula WindPro

Because its tight poly weave fends off both wind and water, the Kula is an ideal choice for bringing along on a day of sailing or fishing in the open ocean. It's also become an essential addition to our beach bag, perfect for a postsurf warm-up or layering when the sun goes down. All the slim-cut Kula's details are well considered, from the formfitting hood and the headphone-cord hole to the Schoeller stretch nylon trim. Water beads up and falls off the Kula's surface. And beer does, too. Just so you know. [bluesmiths.com](http://bluesmiths.com) **\$245**



**BEST FOR TRAVEL**

## Black Diamond Deployment

If you're looking to travel light, take merino wool, for two reasons: 1) the lanolin in its natural fibers resists stink, so you can wear a piece for days, and 2) the material wicks sweat and breathes well, saving you from carrying multiple layers. There's also 40 percent nylon in the merino mix to improve durability and maintain a slim, well-crafted cut. It's a lighter weight than most hoodies and takes up minimal space in a suitcase or backpack. [blackdiamondequipment.com](http://blackdiamondequipment.com) **\$199**



**BEST FOR EVERYDAY**

## Lululemon Best Coast

Although this hoodie is made from a heavier version of the same cotton fleece you remember from classic heather sweats, the similarities end there. It's overengineered, in a good way: Aside from the tough, thick fabric, the multiple zippered pockets are perfectly placed. A ribbed hem at the bottom of the back side provides flex, while the front face has a flat, clean look that's more akin to a tailored jacket. It's a hoodie that feels crisp enough to wear out to dinner. [lululemon.com](http://lululemon.com) **\$118**



# Gym Shoes for Any Workout

Lightweight and supportive, these sneakers can handle box jumps, rope climbs, and more. by **LINDSEY EMERY**

## BEST FOR ALL-AROUND TRAINING **Inov-8 F-LITE 235**

**1** Wearing this is about as close to barefoot as you can get in a gym shoe. An extremely thin midsole and a dense heel made testers feel sturdier during dead lifts, while the flexible, grippy outsole guided them smoothly through lunges, pivots, and sled pushes. The upper fits like a slipper, but a durable toe bumper means pain-free burpees and mountain climbers. [inov-8.com](http://inov-8.com) **\$130**

## BEST FOR WEIGHTLIFTING **Adidas Powerlift 2.0**

**2** Despite its old-school look, the Powerlift 2.0 brings new features to the weight room. We like the roomy toe box, which gives the forefoot adequate space for a solid base to disperse heavy loads. For even more stability, the outsole makes full ground contact, and the midsole is very firm. A Velcro strap over the laces secures your foot to prevent unwanted movement as you clean and press, too. [adidas.com](http://adidas.com) **\$90**

## BEST FOR CARDIO MACHINES **361 Degrees Impulse**

**3** With the heel-toe support of a running shoe and the pliability of a cross-trainer, the Impulse proved ideal for those of us who like to mix it up at the gym — it deftly transitions from the treadmill to a stationary bike and rowing machine. It's lightweight and has a solid rubber outsole that's perfect for pedals, while its cushioned midsole absorbs the shock of cardio sessions. [361usa.com](http://361usa.com) **\$85**

## BEST FOR HIGH-INTENSITY INTERVALS **ASICS Gel-Exert TR**

**4** A grippy outsole and a snug upper help this low-profile trainer deliver quicker turns during performance drills such as side lunges and shuffles. We found it particularly smooth on plyometric workouts, thanks to a snug toe box, a responsive, cushioned midsole, and the durable carbon rubber outsole in high-impact areas like under the heel. [asics-america.com](http://asics-america.com) **\$100**

## BEST FOR CROSSFIT **Nike MetCon 1**

**5** Designed to help you confidently tackle intense strength sessions, the MetCon 1 has a dual-density midsole that delivers equal amounts of stability (to aid knee alignment during squats) and cushioning (for extra bounce in your jumps). A flat, sticky outsole and a firm heel help you nail box jumps and lifts. Our favorite feature: The green rubber sides are textured for awesome grip on rope climbs. [nike.com](http://nike.com) **\$120**



# All-Terrain Road Bikes

A new breed combines the performance of a road racer and the ruggedness of a mountain bike.



One of the biggest trends in cycling is gravel races —

high-speed events that feature the pace of road racing on terrain that would otherwise require a mountain bike. Whether you're racing or not, bikes built specifically for these kinds of events can make almost any ride more fun. With wider tires to withstand sharp rocks that would shred skinny clinchers, and frames that deliver comfort over long stretches of bumpy terrain, these five models will have you flying along country lanes or pothole-laden streets with confidence.

by **MICHAEL FRANK**



To save a few bucks, downgrade this model to SL Ultegra components (\$3,325).

## BEST FOR DIRT TRAILS

### Norco Threshold SL Dura-Ace Di2

No other all-terrain bike is as stiff or as quick to steer as the Threshold. Power transfer is incredible, but you can actually oversteer this bike if you're not precise with your form. It also rewards skill by bombing singletrack just like a mountain bike. And while it excels on steep, sketchy descents, it's geared to climb 20-plus percent grades. [norco.com](http://norco.com); **\$7,500**



## BEST FOR NEW RIDERS

### BMC Granfondo GF02 Disc 105

Racing down a farm trail that turned from dirt to concrete and eventually back to pavement, the BMC remained stable. It took a little more effort to initiate turns than on other bikes, but that stability is welcome for those new to riding on mixed terrain. We also like the narrow seat stays that flex to provide a bit of cushion over crumbled ground. [bmc-switzerland.com](http://bmc-switzerland.com); **\$2,599**





**BEST FOR LONG RIDES** **Trek Boone 5 Disc**

On one test ride of this ultracomfy racer, we put in 40 hard miles and 4,000 feet of climbing and weren't totally exhausted at the end. All the credit goes to a tiny elastomer, located where the seat post meets the rear triangle, that damps road divots. The geometry is still decidedly aggressive, and the Boone 5 knifes through S-turns, but it doesn't punish your body as other race bikes will. [trekbikes.com](http://trekbikes.com); **\$3,040**



**BEST FOR COMMUTERS** **Specialized Diverge Comp Smartweld**

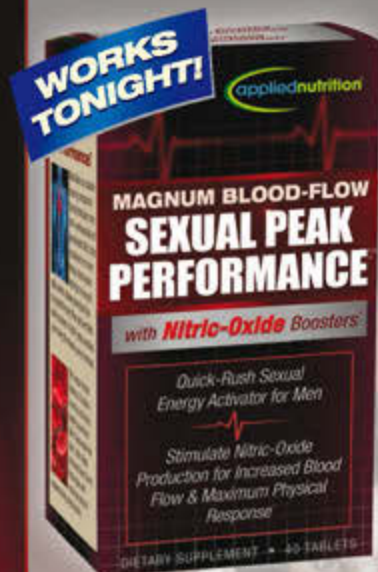
This commuter-training hybrid has a higher head tube so you can sit upright in traffic to anticipate threats quickly, and a through-axle front wheel that sharpens steering so you avoid them. We found its Shimano 785 brakes to be the best road discs, with zero fade during long descents, and its 34-32 gear combo enabled us to climb the steepest hills. [specialized.com](http://specialized.com); **\$2,700**



**BEST FOR RACING** **Pivot Vault**

This bike is amazingly versatile — you can run the disc brakes it comes with or go lighter with your own set of road wheels and rim brakes. And thanks to an ultrastiff carbon fiber frame, the Vault feels intuitive and precise, whether you're plying hard-packed gravel or potholed pavement. There's also the benefit of predictability at high speed — it's quick but even-keeled. [pivotcycles.com](http://pivotcycles.com); **\$3,899**

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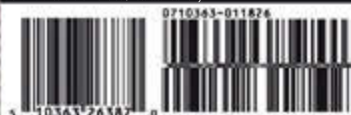
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# Two-Slice Toaster Showdown

These classic-style appliances are built to ease the morning routine — but chef Jeff Mahin tested to see which brown a better slice.

**RATED (1 to 10)**



## Smeg 2-Slice Toaster TSF01

Italian appliance maker Smeg brings the midcentury looks for which it's known to your countertop. "It looks like it belongs in a kitchen in Brooklyn or Venice Beach," says chef Mahin. But while the 950-watt machine is more powerful than most here and boasts a built-in cord wrap and antislip feet, Mahin found it to be one of the most uneven performers in the group. "You get spotty toast, and cleaning crumbs out is a chore — I found myself having to shake it upside down."

**7**

[smegusa.com](http://smegusa.com) **\$140**



## Breville Bit More BTA720XL

The 900-watt Bit More's name comes from a dedicated button that lowers your toast for a short, 30-second cycle, as well as a "lift and look" feature that keeps the elements on but raises the toast so you can check its doneness. Mahin called those features useful — unlike the defrost setting. "I don't know a lot of people who toast frozen bread," says Mahin. Still, the chef labeled the Breville's controls and easy-

**9**

pulling cord the most well-considered of the bunch and its toasting the most consistent. [brevilleusa.com](http://brevilleusa.com) **\$80**



## Kenwood Persona Toaster TTM610

"This one's not user-friendly and takes up the most space. Let's get that out of the way," says Mahin. "But for chefs and gadget guys, it's the best." The Persona has more power (1080 watts), an extra-long adjustable-width slot (for artisanal bread), and a sandwich cage. Mahin found the buttons confusing but loved being able to make egg-and-cheese sandwiches

**8**

similar to those served in his restaurants. [kenwoodworld.com](http://kenwoodworld.com) **\$199**



## Krupps KH742D50 Definitive Series 2-Slice Toaster

This double-slot device from Krups has a fairly big footprint for a two-slice toaster, with few benefits. "It's kinda dull — cosmetically, the slots are narrower than the other toasters', and it browned erratically slice after slice," says the chef. On the positive side, the 900-watt machine's plastic sides stay cool to the touch and there is a removable crumb tray for easy cleanup. [macys.com](http://macys.com) **\$70**

**6**



## De'Longhi Icona CTO 2003

**7** The chromed-out De'Longhi Icona gets its looks from 1950s espresso machines:

There's even an analog-looking browning-control dial. Besides this Ferrari-ish red, you can also buy one in glossy white or black. "Appearance-wise, it comes out on top, no doubt," says Mahin. This 900-watt model also beat the pack at toasting bagels, for two reasons: Its slots are extra wide, permitting even the biggest of the morning carb bombs to fit, and its heating elements are uneven — the inside elements brown the cut side of the bagel while just gently heating up the rounded sides. "Others are better for straight-up toast," warns Mahin. [delonghi.com](http://delonghi.com) **\$100**

by **JESSE WILL**

### EXPERT TEST



→ **JEFF MAHIN** is a chef and partner at restaurants in Chicago, D.C., and L.A., as well as at Summer House in North Bethesda, Maryland, where he tested these toasters.



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pick in 1994. Then he found a loophole in the new bargaining rules (the players had finally won free agency in 1993, opening up the age of eight-figure contracts for lottery-pick first-rounders) and negotiated an up-front bonus so rich that the NFL banned it in the next CBA. Shuler, like Marinovich, proved a major bust, but you never really know with college QBs — at least, those not named Manning.

**CONDON WOULD SIGN PEYTON** in 1998, beating out the countless agents who'd courted him for two years. "Biggest meeting of my life," Condon recalls, "but when I opened up my suit bag — no pants." So Condon wore jeans to face the Manning brain trust, "but he talked his way past it pretty quick," says Archie Manning.

By then, though, he'd ramped up his training module and turned his stodgy industry on its head. In 1997, he and Johnson flew six clients to IMG Academy, a 200-acre campus in Bradenton, Florida, that featured a top-end circuit of playing fields, a prep school for elite-level teens in four sports, a field house, and pro-style weight pits. He hired pro coaches to teach them NFL techniques, a nutritionist to customize their diets, a psychologist to drill them on interview skills, and an or-


thopedist to manage sprains and strains. Of those six, Condon netted three first- and two second-rounders, but a year later, he was up to four first-rounders, and by 2001, it was six — a class that featured Brees and LaDainian Tomlinson. "Other agents screamed bullshit, this crap doesn't work, but we had the facts to prove it," says Condon. "After five years, all the agents started doing it."

But when most other agents were training up clients and still paying them under the table, how could you keep your edge? "Well, I knew from being a player that guys liked free stuff," says Condon. "When the shoe guy came around, all these 300-pound men practically trampled each other to get to him first." So he prevailed on Johnson to hire marketing people for players who weren't big names. Soon, his nickel corners and slot receivers were getting a free car for doing in-store signings, plus cash from shoe- and gearmakers. "I knew it was working when I got a call from a Browns receiver saying, 'Charlie Batch gets a new car and trading-card money — how come I don't get that?' I told him, 'Son, I wouldn't know; I'm not your agent. Call him and ask that question!'"

**CONDON COULDN'T HAVE TIMED** the market better. By the start of the new century, the league's ratings were so big that even third-tier companies were buying in, lining

up rookies and retired players to pitch their goods. Meanwhile, the megastars had crossed the pop divide and become celebrities, hosting *Saturday Night Live*, doing cameos in films, and hawking every brand in sight. IMG marketed them around the world and broke salary records with every contract renewal. But then Mark McCormack, the firm's hallowed founder, died in 2003, and shortly thereafter, the company was bought by a Wall Street buccaneer named Teddy Forstmann. Johnson, Condon's boss, quit in a few months; Condon followed him out the door the next day, having had the foresight to demand a key-man clause in the contract he'd signed with IMG. That week, he was courted by the Hollywood giants, all yearning to crack the sports-rep business. Condon made an easy call, he says: "CAA was number one in film, TV, and electronic gaming, so they had all the platforms to sell my clients. The clincher was, they were in the celebrity game and could get whatever my young guys wanted — backstage passes, movie premieres, Xboxes before they came out. You'd be amazed how much that matters to football players."

Within a month, Casey Close, who ran IMG Baseball (Derek Jeter, Ryan Howard), and Patrick Brisson, who ran IMG Hockey (Sidney Crosby, Jaromir Jagr), joined him, instantly turning CAA into a jock-world colossus. Condon, ever the grunt, declined the glitz of the coast, launching CAA Football in St. Louis, where his flight time to anywhere was under three hours — crucial for a man who spends half his life on connecting flights. Since then, he's landed haul after haul of lottery-pick passers while navigating the breakup of his 30-year marriage and moving his 12-man office to SEC country, where the best linemen, cornerbacks, and wideouts converge. "This life is hard on a spouse" is about all he'll say, though you can fill in the blanks for yourself. The merciless travel, the 12-month season, and a phone with no respect for the dinner hour: If you want Condon's job, you'd better find a woman who prefers some space. Condon's found such a woman, but she shouldn't dine out on false hopes.

Because far from winding down, Condon's bent on expansion. He plans to staff up the office in L.A., where the cash crop is great kid quarterbacks. Eventually, he'll hand the reins to his agent son Tommy, but Junior shouldn't spend that money yet. Condon's father went to the office every day till the age of 90, and he means to do likewise, sweating zillions for his players from the misers who run the sport. "We were the first firm to hire a league capologist to stretch the cap as far as it'll stretch," he says. "So when I give teams a dollar figure, that's the number we think is reasonable, and we've got the facts to back it up." As he learned in the '80s, when players asked for their freedom and the owners' counter was one word — *no* — this isn't a fair fight. Now, as before, it's trench warfare for leverage, and Condon, the old lineman, keeps opening holes that you could drive a tractor through. 

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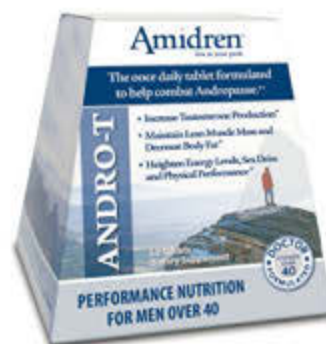
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# Cesar Millan

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## What adventure changed your life?

Growing up poor, that's an adventure. I wasn't a cool kid. In Mexico they called me El Perrero, or "Dog Boy." It's a nickname, but it's not a positive one. I wanted to become a vet and work with dogs, but that was not available there. In Mexico they have other things to worry about, like food and water. In America people manufacture problems. I had no papers and spoke no English when I jumped the border. I had \$100 in my sock, which I paid a guy to help me cross. I managed to get to San Diego, where I slept under the freeway and hustled like everybody else, washing cars and washing dishes. I learned my first English sentence: "Do you have application for work?"

## What's the best advice you've ever received?

My grandfather always said, "Never work against Mother Nature." It wasn't specific to animals, but I definitely adopted his philosophy. Never make animals responsible. Never say, "Oh, we have an aggressive animal." No, it's because we did something wrong. I come from a farm family. There were a lot of life lessons and experiences that I grew up hearing. I didn't think they were going

to help me run a company or a TV show, but they did.

## What's the most important thing you've learned from dogs?

I learned the roots of any relationship: honesty, integrity, loyalty. It's hard to find a human to give you all three. But every dog, that's all they know. Humans are the only species that follows unstable pack leaders. Animals don't. They don't know how. Why would they?

## What should everyone know before they adopt a dog?

Dogs are easy. People are hard. They enter into a relationship loving a dog but without knowing a dog. So many people try to make dogs into human beings to fulfill a personal need, to be loved. It's wrong to treat a dog differently than what it's programmed to be. Often people follow the dog when they need to take the lead. My clients are politicians, movie stars, powerful people, people who run the world, so why does the dog run their life?

## Do you have a scar that tells a story?

Well, the physical ones are a piece of cake. They go away. Dogs bite me all the time, but they don't do it because they want to. I've never felt wounded, emotionally or spiritually, from a dog like I've felt with humans. I expect humans to know better. So when a human has betrayed me, those are the ones that are like, "Damn, why would they do that?" But people have their own agendas, and it can seem like they're really honest when they're not.

## How should a man best face his fears?

That's what you do: You face them. Immigrants are so fearless because we just risk everything. We can easily die at the border, but we're willing to risk our lives so we can feed our family. That's why we do it, man. We don't do it because we want to be famous.

## What has America, a country of immigrants, forgotten about that experience?

It's hypocritical. It's a place that's built on people from another country, and then they say, "Nope, no more. We don't want to be influenced by anything else" — even though that's how this whole entire country was created. You see, a dog would never do that.

## What do you want your legacy to be?

I know I can't help people economically or politically, but I can absolutely assure the world that we can eradicate ignorance and fear about dogs and aggression. The only thing we have to do, as humans, is agree that we need to be trained. We know that dogs are willing to do it, so we already have 50 percent of the team ready to go. We need the other 50 percent of the team, who are called humans.

—INTERVIEWED BY SEAN WOODS

Cesar Millan and his four-year-old pit bull, Junior (above), can be seen on Friday nights in *Cesar 911*, on Nat Geo Wild.



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